

BONDING SEASON  
2 0 2 6

IMMERSIVE  
JOURNEY  
RENEW & ALIGN

MARCH  
THURS 19TH  
TO SUN 22ND

EDAWON  
TEMPLE



# JULIA MONOSOVA

Fresh vision on what it means to be healthy. Practice what you know and learn, gaining clarity so your efforts have the desired outcomes. Improve your habits and posture, both psychological and physical.

Yoga teacher, macrobiotic counselor, wellness coach, and plant-based chef. To date, Julia has completed over 1,000 hours of yoga teacher training. She began teaching in New York City and Los Angeles before expanding internationally, sharing yoga in Hawaii, India, Thailand, Bali, Mexico, El Salvador, Nicaragua, Italy, and Ukraine.

IMMERSIVE JOURNEY

# RENEW & ALIGN

JULIA MONOSOVA

## **CORE PRINCIPLES OF OPTIMAL HEALTH**

*MAR 19TH | 18:00 HRS | GRATITUDE TENT*

Learn more about health and how to support it on a daily basis.

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## **JOINT MOBILITY FOR LONGEVITY**

*MAR 20TH | 11:30 HRS | SHALA*

Improve joint mobility, lubrication, and range of motion while cultivating ease and awareness in the body.

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## **DETOX DEMYSTIFIED**

*MAR 20TH | 18:00 HRS | GRATITUDE TENT*

Find out what detox really is and learn simple detox techniques you can do on your own.

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## LYMPH DETOX FLOW

MAR 21ST / 11:30 HRS / SHALA

Stimulates the lymphatic system to support natural detoxification, reduce stagnation, and promote circulation and overall vitality.

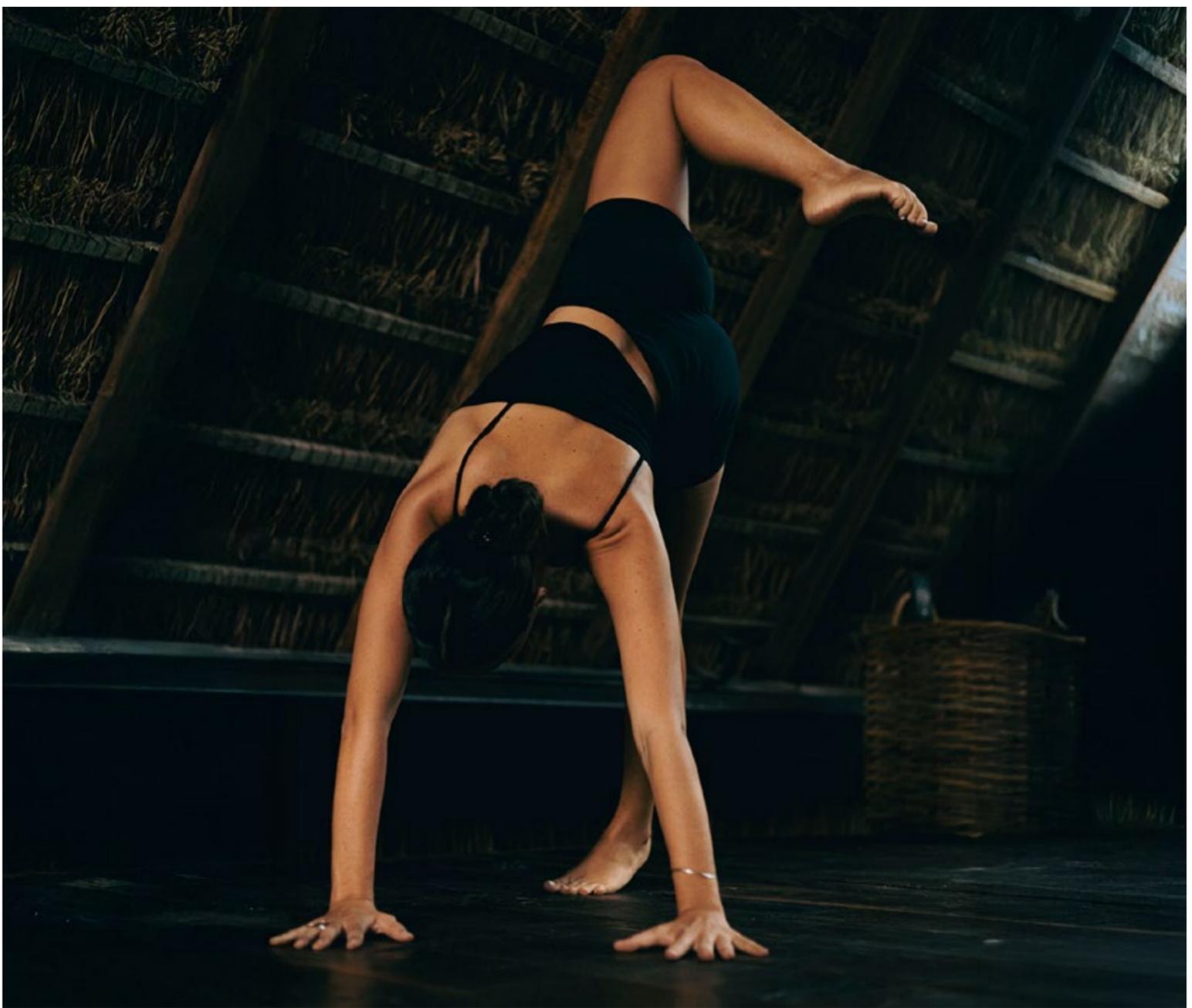
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## POSTURE RESET

MAR 22ND / 11:30 HRS / SHALA

Restore natural posture, relieve tension, and support ease and stability in movement and standing.

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NOMADE

TEMPLE

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