



Portland Earth Angel Training Course

Friday January 8

- 3:30 registration
- 4:00 opening ceremony
- 5:00 identify the emotional body/meditation
- 6:00 dinner break
- 7:30 - 9:00 evening process/meditation

Saturday January 9

- 9:00 cellular yoga
- 10:15 emotions in the duality
- 11:30 feeling / identifying / clearing
- 1:00 lunch break
- 2:15 meditation/ diving to emotional bliss
- 4:00 karma and your emotions
- 5:00 dinner break
- 7:00 -9:00 evening meditation

Sunday January 10

- 9:00 cellular yoga
- 10:15 dial it in! meditation
- 12:00 closing ceremony
- 1:00 depart

