



BLISSOLOGY™

July 2022
Friday 8th - Tuesday 12th

DAILY SCHEDULE

FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY
08	09	10	11	12
9AM-12PM	9AM-12PM	9AM-12PM	9AM-12PM	9AM-12PM
Cells to Systems with Lawrence @ Church of Truth	G.I System, Gut Brain, Microbiome with Lawrence @ Church of Truth	OUTDOOR HIKE + MEDITATION manipura loop with Eoin	Heart-Brain, Circulation, Immune System with Lawrence @ Church of Truth	Mind/Body Genomics, Brain Waves with Lawrence @ Church of Truth
2.00PM-5.00PM	2.00PM-5.00PM	2.30PM-5.30PM	2.00PM-5.00PM	2.00PM-5.00PM
Yoga Session + embodied breathing with Eoin @ One Yoga Victoria	Yoga Session + embodied physiology with Eoin @ Church of Truth	Adrenals, Stress Response, Neuroendocrine System with Lawrence @ Church of Truth	Yoga Session Heart + Ocean Pulsation with Eoin @ One Yoga Victoria	Yoga Session Chi and Breath with Eoin @ One Yoga Victoria

We will send breathing + meditation videos for you to practice each morning.
Transform your yoga practice to a whole new level of depth, intelligence and embodiment.