

Sample Schedule

Himalayan Institute

Mission Programs

Friday

5:00 p.m.	Hatha Yoga Class Seminar Room
6:00-7:00 p.m.	Dinner
7:30 p.m.	Program Session
9:30 p.m.	Group Meditation and Evening Prayers Sri Vidya Shrine
10:00 p.m.	Silence is observed until 7:30 a.m.

Saturday

6:00 a.m.	Group Meditation and Morning Prayers Sri Vidya Shrine
7:00 a.m.	Hatha Yoga Class Seminar Room
7:30-8:30 a.m.	Breakfast
10:00 a.m.	Program Session
12:30-1:30 p.m.	Lunch
3:00-5:00 p.m.	Program Session
6:00-7:00 p.m.	Dinner
7:30 p.m.	Program Session
9:30 p.m.	Group Meditation and Evening Prayers Sri Vidya Shrine
10:00 p.m.	Silence is observed until 7:30 a.m.

Sunday

6:00 a.m.	Group Meditation and Morning Prayers Sri Vidya Shrine
7:00 a.m.	Hatha Yoga Class Seminar Room
7:30-8:30 a.m.	Breakfast
10:00 a.m.	Program Session
12:30-1:30 p.m.	Lunch