

Yogi Living
with **Ishan Tigunait, Judy Moulton,
& Luke Ketterhagen**
2018 Schedule

Friday, Arrive Before Dinner

5:00 p.m.	Hatha Yoga Class*
6:00–7:00 p.m.	Dinner
7:30 p.m.–9:00 p.m.	Opening Session
9:30 p.m.	Prayers and Meditation <i>Sri Vidya Shrine</i>
10:00 p.m.	Silence observed until 7:30 a.m.

Typical Day

5:30 a.m.	Honey Lemon Water
6:00 a.m.	Group Prayers and Meditation <i>Sri Vidya Shrine</i>
7:00 a.m.	Guided Yoga Practice
7:30–8:30 a.m.	Breakfast
9:30 a.m.–11:30 a.m.	Morning Session: Yoga Practice
12:30–1:30 p.m.	Lunch
2:30 p.m.–4:30 p.m.	Afternoon Session: Yoga Lifestyle
4:30 p.m.	Afternoon Chai
6:00–7:00 p.m.	Dinner
7:30 p.m.–9:00 p.m.	Evening Session: Yoga Wisdom
9:30 p.m.	Group Prayers and Meditation <i>Sri Vidya Shrine</i>
10:00 p.m.	Silence observed until 7:30 a.m.

Sunday, Depart After Lunch

6:00 a.m.	Prayers and Meditation <i>Sri Vidya Shrine</i>
7:00 a.m.	Hatha Yoga Class*
7:30 - 8:30 a.m.	Breakfast
9:30 a.m.–11:30 a.m.	Closing Session
12:30 -1:30 p.m.	Lunch

*Please see the Hatha Yoga posted on bulletin boards for weekly schedule
The Sri Vidya Shrine is open from 3:00 a.m. – 12:00 p.m. & 3:00 p.m. – 12:00 a.m.