HIMALAYAN INSTITUTE®

Yoga's Inner Journey Weekend

with **Dawn Smelser**

July 5 – July 7

Horizon Room

Friday, July 5

5:00 p.m.	**H.I. Welcome & Orientation / Opening Ceremony and Restorative Yoga Practice**
6:00 – 7:00 p.m.	Dinner
7:30 - 8:30 p.m.	**Walking and Sitting Meditation for Setting Intentions**
8:30 - 9:00 p.m.	**Om Chanting**
10:00 p.m.	Silence observed until 7:30 a.m.

Saturday, July 6

6:00 - 7:00 a.m.	**Classical Yoga; Discussion & Hatha Yoga Practice**
7:00 - 7:30 a.m.	**Deep Breathing and Meditation**
7:30 – 8:30 a.m.	Breakfast
10:00 - 12:15 p.m.	**Workshop: The Way Inward: Exploring the Sheaths of Our Being**
12:30 – 1:30 p.m.	Lunch
1:30 - 4:00 p.m.	**Free time**
4:00 - 6:00 p.m.	**Workshop: Our Primary Relationship (with Self)**
6:00 – 7:00 p.m.	Dinner
7:30 - 9:00 p.m.	**Moving Meditation and Chanting for Self Study**
10:00 p.m.	Silence observed until 7:30 a.m.

Sunday, July 7

6:00 - 7:00 a.m.	**Classical Yoga; Discussion & Hatha Yoga Practice**
7:00 - 7:30 a.m.	**Deep Breathing and Meditation**
7:30 – 8:30 a.m.	Breakfast
8:30 - 10:30 a.m.	**Free Time**
10:30 -12:30 p.m.	**Dancing and Closing Circle**
12:30 – 1:30 p.m.	Lunch and go home

**Please see bulletin boards for weekly hatha yoga schedule.*
The Sri Vidya Shrine is open from 3:00 a.m. – 12:00 p.m. & 3:00 p.m. – 12:00 a.m.