



Year Long Meditation Retreat

with

Himalayan Institute Senior Faculty

Sample Schedule

Thursday

6:00–7:00 p.m.

7:30–9:00 p.m.

10:00 p.m.

Dinner

Orientation & Opening Session

Silence observed until 7:30 a.m.

Friday

6:00 a.m.

6:45–8:00 a.m.

7:30–8:30 a.m.

9:30–11:00 a.m.

12:15–12:30 p.m.

12:30–1:30 p.m.

1:30 p.m.

2:30–4:00 p.m.

4:00–5:00 p.m.

5:30–6:00 p.m.

6:00–7:00 p.m.

7:30–8:30 p.m.

10:00 p.m.

Group Meditation & Prayers | *Sri Vidya Shrine*

Guided Yoga Practice & Meditation

Breakfast

Retreat Session

Group Meditation & Sri Sukta Recitation (optional)

Lunch

Tour of Grounds (*optional*)

Free Time for Personal Practice/PureRejuv/Faculty Meetings

Guided Nature Walk (*optional; weather permitting*)

Group Meditation & Prayers | *Sri Vidya Shrine*

Dinner

Retreat Session

Silence observed until 7:30 a.m.

Saturday

6:00 a.m.

7:00–8:15 a.m.

7:30–8:30 a.m.

9:30–11:00 a.m.

12:15–12:30 p.m.

12:30–1:30 p.m.

2:00 p.m.

2:30–4:00 p.m.

4:00–5:00 p.m.

Group Meditation & Prayers | *Sri Vidya Shrine*

Guided Yoga Practice & Meditation

Breakfast

Retreat Session

Group Meditation & Sri Sukta Recitation (optional)

Lunch

Tour of Moka Origins (on-site coffee roastery and bean-to-bar chocolate factory) (*optional*)

Free Time for Personal Practice/PureRejuv/Faculty Meetings

Guided Nature Walk (*optional; weather permitting*)

**Please see bulletin boards for 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.

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5:30–6:00 p.m.
6:00–7:00 p.m.
7:30–8:30 p.m.
10:00 p.m.

Group Meditation & Prayers | *Sri Vidya Shrine*
Dinner
Retreat Session
Silence observed until 7:30 a.m.

Sunday

6:00 a.m.
7:00–8:15 a.m.
7:30–8:30 a.m.
9:30–11:00 a.m.
12:15–12:30 p.m.

Group Meditation & Prayers | *Sri Vidya Shrine*
Guided Yoga Practice & Meditation
Breakfast
Retreat Session
Group Meditation & Sri Sukta Recitation (optional)

**Please see bulletin boards for 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.*

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