



Reflections from the Gita

with **Rolf Sovik**

August 30 - September 2

Auditorium

Friday, August 30

4:30 - 5:45 p.m.

Hatha yoga class*

6:00 p.m.

Group Meditation & Prayers | Sri Vidya Shrine

6:00 - 7:00 p.m.

Dinner

7:30 - 9:00 p.m.

Orientation & Opening Session

10:00 p.m.

Silence observed until 7:30 a.m.

Saturday, August 31

6:00 a.m.

Group Meditation & Prayers | *Sri Vidya Shrine*

7:00 - 8:00 a.m.

Hatha yoga class/ or Personal Meditation

7:30 - 8:30 a.m.

Breakfast

9:30 - 11:00 a.m.

Retreat Session

12:15 - 12:45 p.m.

Group Meditation Sri Sukta Recitation | *Sri Vidya Shrine*

12:30 - 1:30 p.m.

Lunch

1:30 p.m.

Free time

2:00 p.m.

MOKA Chocolate & Coffee Tour

3:30 - 5:00 p.m.

Retreat Session

6:00 p.m.

Group Meditation & Prayers | *Sri Vidya Shrine*

6:00 - 7:00 p.m.

Dinner

7:30 - 9:00 p.m.

Retreat Session

10:00 p.m.

Silence observed until 7:30 a.m.

**(Optional) 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.*

HIMALAYAN
INSTITUTE®



Sunday, September 1

6:00 a.m.	Prayers <i>Sri Vidya Shrine</i>
7:00 - 8:00 a.m.	Hatha yoga class / or Personal Meditation
7:30 - 8:30 a.m.	Breakfast
9:30 - 11:00 a.m.	Retreat Session
12:15 - 12:45 p.m.	Group Meditation Sri Sukta Recitation <i>Sri Vidya Shrine</i>
12:30 - 1:30 p.m.	Lunch
1:30 p.m.	Free Time
3:30 - 5:00 p.m.	Retreat Session.
6:00 p.m.	Group Meditation & Prayers <i>Sri Vidya Shrine</i>
6:00 - 7:00 p.m.	Dinner
7:30 - 9:00 p.m.	Retreat Session
10:00 p.m.	Silence observed until 7:30 a.m.

Monday, September 2

6:00 a.m.	Group Meditation & Prayers <i>Sri Vidya Shrine</i>
7:00 a.m.	Hatha yoga class / or Personal Meditation
9:30 - 11:00 a.m.	Retreat Session
12:15 -12:45 p.m.	Sri Sukta Recitation <i>Sri Vidya Shrine</i>
12:30 - 1:30 p.m.	Lunch

**(Optional) 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.*