



Tantric Techniques of Sri Vidya: Awakening the Power of Kundalini & Chakras

with

Pandit Rajmani Tigunait, PhD

December 27, 2019 – January 1, 2020

Auditorium

Friday, December 27

4:45 – 5:45 p.m.

Hatha yoga class*

6:00 – 6:10 p.m.

Group Meditation & Prayers | *Sri Vidya Shrine*

6:00 – 7:00 p.m.

Dinner

7:30 – 9:00 p.m.

Program Orientation

Kundalini Shakti and the Evolution of the Human Body

10:00 p.m.

Silence observed until 7:30 a.m.

Saturday, December 28

6:00 – 6:10 a.m.

Group Meditation & Prayers | *Sri Vidya Shrine*

7:00 – 8:00 a.m.

Hatha yoga class*

7:30 – 8:30 a.m.

Breakfast

10:00 – 11:30 a.m.

Kundalini Shakti and the Chakras

12:30 – 12:45 p.m.

Sri Sukta Recitation | *Sri Vidya Shrine*

12:30 – 1:30 p.m.

Lunch

1:00 – 4:00 p.m.

Moka Origins Holiday Chocolate and Coffee Party

6:00 – 6:10 p.m.

Group Meditation & Prayers | *Sri Vidya Shrine*

6:00 – 7:00 p.m.

Dinner

7:30 – 9:00 p.m.

Meditation on the Cave of the Heart and Its Unintended Result

10:00 p.m.

Silence observed until 7:30 a.m.

**Please see bulletin boards for weekly hatha yoga schedule.*

The Sri Vidya Shrine is open from 5:30 a.m. – 12:00 p.m. & 3:00 p.m. – 9:00 p.m.

Garbha Griha darshan times are from 6:15 a.m. to 8:00 a.m. & 5:00 p.m. to 5:55 p.m.

HIMALAYAN
INSTITUTE®



Sunday, December 29

6:00 – 6:10 a.m.	Group Meditation & Prayers <i>Sri Vidya Shrine</i>
7:00 – 8:00 a.m.	Hatha yoga class*
7:30 – 8:30 a.m.	Breakfast
10:00 – 11:30 a.m.	Techniques for Awakening the Ajna Chakra
12:30 – 12:45 p.m.	Sri Sukta Recitation <i>Sri Vidya Shrine</i>
12:30 – 1:30 p.m.	Lunch
1:30 – 2:00 p.m.	Vishoka Meditation Book Signing MarketPlace Bookstore
3:30 – 4:45 p.m.	Practicum with HI Faculty
6:00 – 6:10 p.m.	Group Meditation & Prayers <i>Sri Vidya Shrine</i>
6:00 – 7:00 p.m.	Dinner
7:30 – 9:00 p.m.	Techniques for Awakening the Navel Center
10:00 p.m.	Silence observed until 7:30 a.m.

Monday, December 30

6:00 – 6:10 a.m.	Group Meditation & Prayers <i>Sri Vidya Shrine</i>
7:00 – 8:00 a.m.	Hatha yoga class*
7:30 – 8:30 a.m.	Breakfast
10:00 – 11:30 a.m.	The Role of Mantra in Awakening Kundalini Shakti
12:30 – 12:45 p.m.	Sri Sukta Recitation <i>Sri Vidya Shrine</i>
12:30 – 1:30 p.m.	Lunch
1:30 – 4:00 p.m.	Free Time
4:00 – 5:00 p.m.	Chai Social
6:00 – 6:10 p.m.	Group Meditation & Prayers <i>Sri Vidya Shrine</i>
6:00 – 7:00 p.m.	Dinner
7:30 – 9:00 p.m.	Maha Mrtyunjaya Mantra: Building a Foundation
10:00 p.m.	Silence observed until 7:30 a.m.

**Please see bulletin boards for weekly hatha yoga schedule.*

*The Sri Vidya Shrine is open from 5:30 a.m. – 12:00 p.m. & 3:00 p.m. – 9:00 p.m.
Garbha Griha darshan times are from 6:15 a.m. to 8:00 a.m. & 5:00 p.m. to 5:55 p.m.*



Tuesday, December 31

6:00 – 6:10 a.m.	Group Meditation & Prayers <i>Sri Vidya Shrine</i>
7:00 – 8:00 a.m.	Hatha yoga class*
7:30 – 8:30 a.m.	Breakfast
10:00 – 11:30 a.m.	Sri Sukta: A Plan for Restoring the Power of Inner Protection & Nourishment
12:30 – 12:45 p.m.	Sri Sukta Recitation <i>Sri Vidya Shrine</i>
12:30 – 1:30 p.m.	Lunch
3:30 – 4:45 p.m.	Practicum with HI Faculty
6:00 – 6:10 p.m.	Group Meditation & Prayers <i>Sri Vidya Shrine</i>
6:00 – 7:00 p.m.	Dinner
7:30 – 8:30 p.m.	Kirtan
9:00 p.m. – 12:00 a.m.	Akhanda Japa in the Sri Vidya Shrine followed by Closing Midnight Ceremony
12:00 a.m.	Silence observed until 7:30 a.m.

Wednesday, January 1

6:00 – 6:10 a.m.	Group Meditation & Prayers <i>Sri Vidya Shrine</i>
7:00 – 8:00 a.m.	Hatha yoga class*
7:30 – 8:30 a.m.	Breakfast
10:00 – 11:30 a.m.	Take-Home Message & Practice
12:30 – 12:45 p.m.	Sri Sukta Recitation <i>Sri Vidya Shrine</i>
12:30 – 1:30 p.m.	Lunch

**Please see bulletin boards for weekly hatha yoga schedule.*

*The Sri Vidya Shrine is open from 5:30 a.m. – 12:00 p.m. & 3:00 p.m. – 9:00 p.m.
Garbha Griha darshan times are from 6:15 a.m. to 8:00 a.m. & 5:00 p.m. to 5:55 p.m.*