



Year Long Meditation Invitational

with

Pandit Rajmani Tigunait, PhD

Sample Schedule

Friday

4:45 p.m.

6:00 p.m.

6:00–7:00 p.m.

7:30–9:00 p.m.

10:00 p.m.

Hatha Yoga Class*

Group Meditation & Prayers | *Sri Vidya Shrine*

Dinner

Orientation & Opening Session

Silence observed until 7:30 a.m.

Saturday

6:00 a.m.

7:00 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.

2:00 p.m.

2:30–6:00 p.m.

6:00 p.m.

6:00–7:00 p.m.

7:30 p.m.

10:00 p.m.

Group Meditation & Prayers | *Sri Vidya Shrine*

Hatha Yoga Class

Breakfast

Free Time for Enjoying Nature/Personal Practice/PureRejuv

Group Meditation & Sri Sukta Recitation | *Sri Vidya Shrine*

Lunch

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

Free Time for Enjoying Nature/Personal Practice/PureRejuv

Group Meditation & Prayers | *Sri Vidya Shrine*

Dinner

Satsanga with Pandit Rajmani Tigunait, PhD

Silence observed until 7:30 a.m.

Sunday

6:00 a.m.

7:00 a.m.

7:30–8:30 a.m.

Group Meditation & Prayers | *Sri Vidya Shrine*

Hatha Yoga Class

Breakfast

**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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