

## Personal Retreat Schedule

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### Check-In

12:45 – 1:15 p.m.	Lunch
4:00 p.m.	Check in begins; wellness checks complete and room keys accessed upon arrival
6:00 p.m.	Prayers and meditation   <i>Sri Vidya Shrine</i>
6:15 – 6:45 p.m.	Dinner
10:00 p.m.	Silence observed until 7:30 a.m.

### Daily Amenities

6:00 a.m.	Prayers and meditation   <i>Sri Vidya Shrine</i>
8:00 - 8:30 a.m.	Breakfast
8:30 a.m. - 12:30 p.m..	Free Time for Personal Practice, Walk the Grounds/Hiking Trails, PureRejuv Services, Seated Meditation at the Sri Vidya Shrine
12:45 – 1:15 p.m.	Lunch
1:30 - 6:00 p.m..	Free Time for Personal Practice, Walk the Grounds/Hiking Trails, PureRejuv Services, Seated Meditation at the Sri Vidya Shrine
6:00 p.m.	Prayers and meditation   <i>Sri Vidya Shrine</i>
6:15 – 6:45 p.m.	Dinner
10:00 p.m.	Silence observed until 7:30 a.m.

### PureRejuv Wellness Center

PureRejuv Wellness Center is dedicated to supporting individuals in their quest to create a more vibrant and healthy life. Their integrative approach to healing blends modern medicine with a variety of traditional and alternative healing methods and therapies. Health services and therapeutic treatments to help revitalize the body and mind include:

- Integrative Medical Consultations
- Ayurveda Services
- Chiropractic Care
- Biofeedback
- Massage and Bodywork
- Yoga Therapy

Schedule your appointment by calling 570-647-1500 or by taking a short walk directly behind the Retreat Center Dining Room. Hours: Monday to Sunday 8:30 a.m. - 12:30 p.m. and 1:30 p.m. to 5:30 p.m.

### Our Grounds

The Himalayan Institute's wooded 400-acre campus in the rolling hills of the Poconos is a peaceful refuge from the stress of today's hectic world. Enjoy hiking on scenic trails, sit and contemplate on one of the many benches overlooking picturesque scenery, or watch an amazing sunset at the pond. Our campus offers a place to study and deepen personal practice, as well as to rest and renew.

*\*Hatha Yoga Classes are Postponed at this time due to our COVID policies  
The Sri Vidya Shrine is open from 5:30 a.m. – 12:00 p.m. & 3:00 p.m. – 9:00 p.m.*