

HI Adventure Pocono Getaway Weekend

with **Himalayan Institute Faculty**

May 13th-16th, 2021

Thursday, May 13th

4:00 -5:00 p.m.

5:00 p.m.

6:00 p.m.

6:15 - 6:45 p.m

10:00 p.m.

Chai & Cookie Welcome, Orientation and Tour | HI Faculty

Hatha yoga class* | Optional

Prayers and meditation | *Sri Vidya Shrine* | Optional

Dinner

Silence observed until 7:30 a.m.

Friday, May 14th

6:00 a.m.

7:00 a.m.

8:00 - 8:30 a.m.

8:30 - 8:45 a.m.

9:00 - 3:00 pm

5:00 p.m.

6:00 p.m.

6:15 - 6:45 p.m

7:30 - 8:30 p.m.

8:30 pm

10:00 p.m.

Prayers and meditation | *Sri Vidya Shrine* | Optional

Hatha yoga class* | Optional

Breakfast

Box Lunch Pick Up | Dining Annex

Off Campus Adventure | Northeast Wilderness Experience Team

Hatha yoga class* | Optional

Prayers and meditation | *Sri Vidya Shrine* | Optional

Dinner

Introduction to Vishoka Meditation

Group Meditation in Sri Vidya Shrine | Optional

Silence observed until 7:30 a.m.

Saturday, May 15th

6:00 a.m.

7:00 a.m.

8:00 - 8:30 a.m.

10:00 a.m. - 11:30 p.m.

12:30 - 12:45 p.m

2:00 p.m.

3:00 p.m.

6:00 p.m.

6:15 - 6:45 p.m

7:30 - 8:30

10:00 p.m.

Prayers and meditation | *Sri Vidya Shrine* | Optional

Hatha yoga class* | Optional

Breakfast

Reclaiming A Healthy And Vibrant Life

Sri Sukta Recitation | *Sri Vidya Shrine* | Optional

MOKA Chocolate & Coffee Tour | Optional

Free Time (Wellness Center Appointment, Guided Campus Hike) | Optional

Prayers and meditation | *Sri Vidya Shrine* | Optional

Dinner

Campfire | Sunset Pond

Silence observed until 7:30 a.m.

Sunday, May 16th

**Hatha Yoga Classes require masks worn for the duration of the class 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.*

Main building & Shrine Entry Pass words

6:00 a.m.	Prayers and meditation <i>Sri Vidya Shrine</i> Optional
7:00 a.m.	Hatha yoga class* Optional
8:00 - 12:30 p.m	Breakfast with Free time. Enjoy the Day!
12:30 - 12:45 p.m	<i>Sri Sukta Recitation</i> <i>Sri Vidya Shrine</i> Optional
12:30 p.m.	Check out time
12:30p - 1:30 p.m.	Lunch

Protocols

During meal times, our team members must serve you! Be sure to check in with the dining room servers at the indicated meal times.

Please know that all overnight guests require wellness screening and are given building codes upon arrival. If you see someone who needs assistance, please refrain from allowing them inside and encourage them to call Guest Services for confirmation of their visit.

Thank you for wearing your mask in all public spaces! We appreciate your adherence to our protocols!

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

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