

## Pocono Getaway Weekend with **Himalayan Institute Faculty** October 22<sup>nd</sup>-24<sup>th</sup>, 2021

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### Friday, October 22<sup>nd</sup>

<b>4:00 p.m.</b>	<b>Chai &amp; Cookie Welcome, Orientation and Tour   HI Faculty</b>
5:00 p.m.	Hatha yoga class*   Optional
6:00 p.m.	Prayers and meditation   <i>Sri Vidya Shrine</i>   Optional
6:15 - 6:45 p.m.	Dinner
<b>7:30 - 8:30 p.m.</b>	<b>Introduction to Vishoka Meditation</b>
8:30 pm	Group Meditation in Sri Vidya Shrine (Optional)
10:00 p.m.	Silence observed until 7:30 a.m.

### Saturday, October 23<sup>rd</sup>

6:00 a.m.	Prayers and meditation   <i>Sri Vidya Shrine</i>   Optional
7:00 a.m.	Hatha yoga class*   Optional
8:00 - 8:30 a.m.	Breakfast
<b>10:00 a.m. - 11:00 a.m.</b>	<b>Reclaiming A Healthy and Vibrant Life</b>
12:30 - 12:45 p.m.	Sri Sukta Recitation   <i>Sri Vidya Shrine</i>   Optional
2:00 p.m.	MOKA Chocolate & Coffee Tour   Optional
3:00 p.m.	Free Time (Wellness Center Appointment, Guided Campus Hike)   Optional
6:00 p.m.	Prayers and meditation   <i>Sri Vidya Shrine</i>   Optional
6:15 - 6:45 p.m.	Dinner
<b>7:30 - 8:30</b>	<b>Campfire   Sunset Pond</b>
10:00 p.m.	Silence observed until 7:30 a.m.

### Sunday, October 24<sup>th</sup>

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!
12:30 - 12:45 p.m.	Sri Sukta Recitation   <i>Sri Vidya Shrine</i>   Optional
12:30 p.m.	Check out time
12:30 - 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.

*\*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 Passwords**

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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!

*\*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.*

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