

Pocono Getaway Weekend
with **Himalayan Institute Faculty**
April 23rd- 25th, 2021

Friday, April 23rd

4:00 p.m.

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.

Chai & Cookie Welcome, Orientation and Tour | HI Faculty

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, April 24th

6:00 a.m.

7:00 a.m.

8:00 - 8:30 a.m.

10:00 a.m. - 11:00 a.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, April 25th

6:00 a.m.

7:00 a.m.

8:00 - 12:30 p.m.

12:30 - 12:45 p.m.

12:30 p.m.

12:30p - 1:30 p.m.

Prayers and meditation | *Sri Vidya Shrine* | Optional

Hatha yoga class* | Optional

Breakfast with Free time. Enjoy!

Sri Sukta Recitation | *Sri Vidya Shrine* | Optional

Check out time

Lunch

**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

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!

**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