

Personal Retreat Schedule

We hope you enjoy your visit with us!

6:00 a.m.	Prayers and meditation <i>Sri Vidya Shrine</i> Optional
7:00 a.m.	Hatha yoga class* Optional (Saturdays and Sundays)
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
12:30 - 12:45 p.m	Sri Sukta Recitation <i>Sri Vidya Shrine</i> Optional
12:45 - 1:15 p.m.	Lunch
2:00 p.m.	MOKA Chocolate & Coffee Tour Optional (Saturdays only)
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
5:00 p.m.	Hatha yoga class* Optional (Fridays only)
6:00 p.m.	Prayers and meditation <i>Sri Vidya Shrine</i> Optional
6:15 - 6:45 p.m.	Dinner
7:30 - 8:30 p.m.	Campfire Sunset Pond (Saturdays only)
10:00 p.m.	Silence observed until 7:30 a.m.

PureRejuv Wellness Center

PureRejuv Wellness Center uses an integrative approach to healing that blends modern medicine with a variety of traditional and alternative healing methods. Health services and therapeutic treatments 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. **All PureRejuv Services are subject to availability.**

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.*

Building Code: xxxx

Shrine Code: xxxx