



# Inspired Teacher: Deepen Your Practice, Enhance Your Teaching

With

**Shari Friedrichsen**

July 29 - July 31, 2022

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## Friday, July 29

5:00 p.m.

Hatha Yoga Class

6:00 p.m.

Prayers and Meditation | *Sri Vidya Shrine*

6:00 - 7:00 p.m.

Dinner

**7:30 - 9:00 p.m.**

**Session 1**

10:00 p.m.

Silence observed until 7:30 a.m.

## Saturday, July 30

6:00 a.m.

Prayers and Meditation | *Sri Vidya Shrine*

7:00 a.m.

Hatha Yoga Class

7:30 - 8:30 a.m.

Breakfast

**10:00 a.m. - 12:00 p.m.**

**Session 2**

12:30 - 12:45 p.m.

Sri Sukta Recitation | *Sri Vidya Shrine*

12:30 - 1:30 p.m.

Lunch

1:30 - 3:00 p.m.

Free time (ideal for scheduling massage or health center treatment)

2:00 p.m.

MOKA Chocolate & Coffee Tour

**3:00 - 5:00 p.m.**

**Session 3**

6:00 p.m.

Prayers and Meditation | *Sri Vidya Shrine*

6:00 - 7:00 p.m.

Dinner

**7:30 - 9:00 p.m.**

**Session 4**

10:00 p.m.

Silence observed until 7:30 a.m.

## Sunday, July 31

6:00 a.m.

Prayers and Meditation | *Sri Vidya Shrine*

7:00 a.m.

Hatha Yoga Class

7:30 - 8:30 a.m.

Breakfast

**9:00 - 11:00 a.m.**

**Session 5**

12:30 - 12:45 p.m.

Sri Sukta Recitation | *Sri Vidya Shrine*

12:30 p.m.

Lunch