

Trail Crew Week

A Karma Service Retreat

with **Brian Fulp**
& **The Himalayan Institute Faculty**
June 26 - June 30, 2022
Outdoor Campus & Seminar Room

SAMPLE SCHEDULE

Sunday, June 26

6:00 p.m.	Prayers and meditation <i>Sri Vidya Shrine</i>
6:00 - 7:00 p.m.	Dinner
4:00 p.m.	Arrival
7:15 p.m.	HI Welcome & Orientation HI Faculty
7:30 p.m.	Introduction to Vishoka Meditation & Shrine Tour HI Faculty
10:00 p.m.	Silence observed until 7:30 a.m.

Monday, June 27

6:00 a.m.	Prayers and meditation <i>Sri Vidya Shrine</i>
7:00 a.m.	Hatha yoga class*
7:30 - 8:30 a.m.	Breakfast
9:00 - 12:00 p.m.	Outdoor Karma Service with morning chai Brian Fulp
12:30 - 1:30 p.m.	Lunch
2:00 - 4:00 p.m.	Outdoor Karma Service with afternoon lemonade Brian Fulp
5:00 p.m.	*Hatha Optional
6:00 p.m.	Prayers and meditation <i>Sri Vidya Shrine</i>
6:00 - 7:00 p.m.	Dinner
10:00 p.m.	Silence observed until 7:30 a.m.

Please see the Hatha Yoga schedule posted on bulletin boards for weekly class schedule

The Sri Vidya Shrine hours: 3:00 a.m. to 12:45 p.m. & 3:00 p.m. to 12:00 a.m.

Garbha Griha darshan times: 6:15 a.m. to 8:00 a.m. & 5:00 p.m. to 5:55 p.m.

Main Building Code: | Shrine Code | After Hours Help 570.216.8249

Tuesday, June 28

6:00 a.m.	Prayers and meditation <i>Sri Vidya Shrine</i>
7:00 a.m.	Hatha yoga class*
7:30 -8:30 a.m.	Breakfast
9:00 - 12:00 p.m.	Outdoor Karma Service with morning chai Brian Fulp
12:30 -1:30 p.m.	Lunch
2:00 - 4:00 p.m	Outdoor Karma Service with afternoon lemonade Brian Fulp
5:00 p.m.	*Hatha Optional
6:00 p.m.	Prayers and meditation <i>Sri Vidya Shrine</i>
6:00 - 7:00 p.m	Dinner
7:30 - 8:30 p.m.	Reclaiming A Healthy and Vibrant Life HI Faculty
10:00 p.m.	Silence observed until 7:30 a.m.

Wednesday, June 29

6:00 a.m.	Prayers and meditation <i>Sri Vidya Shrine</i>
7:00 a.m.	Hatha yoga class*
7:30 -8:30 a.m.	Breakfast
9:00 - 12:00 p.m.	Outdoor Karma Service with morning chai Brian Fulp
12:30 -1:30 p.m.	Lunch
2:00 - 4:00 p.m	Outdoor Karma Service with afternoon lemonade Brian Fulp
5:00 p.m.	*Hatha Optional
6:00 p.m.	Prayers and meditation <i>Sri Vidya Shrine</i>
6:00 - 7:00 p.m	Dinner
8:00 p.m.	MOKA S'more Bonfire Town Square (weather permitting)
10:00 p.m.	Silence observed until 7:30 a.m.

Thursday, June 30

6:00 a.m.	Prayers and meditation <i>Sri Vidya Shrine</i>
7:00 a.m.	Hatha yoga class*
7:30 -8:30 a.m.	Closing Breakfast Brian Fulp & HI Faculty

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Garbha Griha darshan times: 6:15 a.m. to 8:00 a.m. & 5:00 p.m. to 5:55 p.m

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12:30 - 1:30 p.m.

Lunch

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