



Yoga in Winter: Grace Revealed

With

Shari Friedrichsen

December 9th - 11th, 2022

Friday, December 9

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.

Introduction - Nourish the Best of Ourselves

10:00 p.m.

Silence observed until 7:30 a.m.

Saturday, December 10

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. - 12:30 p.m.

The Wisdom of the Body

12:30 - 12:45 p.m.

Sri Sukta Recitation | *Sri Vidya Shrine*

12:30 - 1:30 p.m.

Lunch

3:00 - 5:30 p.m.

The Power of Pranayama, The Beauty of the Mind

6:00 p.m.

Prayers and Meditation | *Sri Vidya Shrine*

6:00 - 7:00 p.m.

Dinner

10:00 p.m.

Silence observed until 7:30 a.m.

Sunday, December 11

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.

The Grace of Being

12:30 - 12:45 p.m.

Sri Sukta Recitation | *Sri Vidya Shrine*

12:30 p.m.

Lunch