

## Personal Retreat Schedule

**We hope you enjoy your visit!**

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6:00 a.m.	Prayers and meditation   <i>Sri Vidya Shrine</i>   Optional
7:00 a.m.	Hatha yoga class*   As Available–Check Program Info board for details
<b>7:30 a.m. - 8:30 a.m.</b>	<b>Breakfast</b>
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 (MOKA Origins Open Daily 9am - 4pm)
12:30 p.m - 12:45 p.m	Sri Sukta Recitation   <i>Sri Vidya Shrine</i>   Optional
<b>12:30 p.m. - 1:30 p.m.</b>	<b>Lunch</b>
1:30 pm. - 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*   As Available–Check Program Info board for details
6:00 p.m.	Prayers and meditation   <i>Sri Vidya Shrine</i>   Optional
<b>6:00 p.m. - 7:00 p.m.</b>	<b>Dinner</b>
10:00 p.m.	Silence observed until 7:30 a.m.

**Visit MOKA Origins for a free tour every Saturday at 10:00 a.m. or 2 p.m.**  
**also available by appointment: email: [Hello@MokaOrigins.com](mailto:Hello@MokaOrigins.com) - phone: (570) 979-1010**

### 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 dialing 33 from the Lobby Phone.**  
**All PureRejuv Services are subject to availability.**

### Protocols

Please take all recommended COVID precautions while traveling. To maintain a healthy environment, while you are here, wash your hands frequently and use sanitizer located in each room. Masks are currently optional in the main building and MOKA Origins; however, remain a medical requirement for services at PureRejuv Wellness Center. Please know all overnight guests are given building codes upon arrival. If someone needs assistance, please refrain from allowing them inside and encourage them to call Guest Services: **570.253.5551 x1.**

*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*