

HIMALAYAN INSTITUTE®

Pocono Trail Crew Getaway A Karma Yoga Retreat with **Brian Fulp** & **The Himalayan Institute Faculty**

Sample Schedule

Sunday

4:00 p.m.

6:00 p.m.
6:00 – 7:00 p.m.
10:00 p.m.

Arrive | Free Time

Prayers and meditation | *Sri Vidya Shrine*
Dinner
Silence observed until 7:30 a.m.

Monday

6:00 a.m.
7:30 – 8:30 a.m.
8:30 a.m.
9:00–12:00 p.m.
12:30 – 1:30 p.m.
2:00–4:00 p.m.
5:00 p.m..
6:00 p.m.
6:00 – 7:00 p.m.
7:30-8:30 p.m.
10:00 p.m.

Prayers and meditation | *Sri Vidya Shrine*
Breakfast

Welcome, Morning Chai & Orientation

Karma Yoga

Lunch

Karma Yoga

Hatha yoga class*
Prayers and meditation | *Sri Vidya Shrine*
Dinner

Intro to Vishoka Meditation - A guided Meditation | HI Faculty

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

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Tuesday

6:00 a.m.

7:30 – 8:30 a.m.

8:30 a.m.

9:00–12:00 p.m.

12:30 – 1:30 p.m.

2:00–4:00 p.m.

5:00 p.m.

6:00 p.m.

6:00 – 7:00 p.m.

7:00 - 10:00 p.m.

10:00 p.m.

Prayers and meditation | *Sri Vidya Shrine*

Breakfast

Morning Chai

Karma Yoga

Lunch

Karma Yoga

Hatha yoga class*

Prayers and meditation | *Sri Vidya Shrine*

Dinner

Free Time | Self guided evening walk, personal study time

Silence observed until 7:30 a.m.

Wednesday

6:00 a.m.

7:30 – 8:30 a.m.

8:30 a.m.

9:00–12:00 p.m.

12:30 – 1:30 p.m.

2:00–4:00 p.m.

5:00 p.m.

6:00 p.m.

6:00 – 7:00 p.m.

7:00 - 10:00 p.m.

10:00 p.m.

Prayers and meditation | *Sri Vidya Shrine*

Breakfast

Morning Chai

Karma Yoga

Lunch

Karma Yoga

Hatha yoga class*

Prayers and meditation | *Sri Vidya Shrine*

Dinner

Free Time | Self guided Star Gazing on Sound of Music Hill,
personal study time

Silence observed until 7:30 a.m.

Thursday

6:00 a.m.

7:30 – 8:30 a.m.

8:30 a.m.

9:00–12:00 p.m.

12:30 – 1:30 p.m.

2:00–4:00 p.m.

5:00 p.m.

6:00 p.m.

6:00 – 7:00 p.m.

7:30 p.m.

10:00 p.m.

Prayers and meditation | *Sri Vidya Shrine*

Breakfast

Morning Chai

Karma Yoga

Lunch

Karma Yoga

Hatha yoga class*

Prayers and meditation | *Sri Vidya Shrine*

Dinner

Bonfire & S'mores | Sunset Pond

Silence observed until 7:30 a.m.

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Friday

6:00 a.m.

Prayers and meditation | *Sri Vidya Shrine*

7:30 – 8:30 a.m.

Breakfast

8:30 a.m.

Morning Chai, group photo & goodbyes

9:00–12:00 p.m.

Free Time | Opportunity to enjoy the Wellness Center - (Reservation required)

12:30 – 1:30 p.m.

Lunch

Departure

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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