



# Yoga for Strength and Longevity

## A Weekend Yoga Retreat

with

**Luke Ketterhagen**

March 15 - March 17, 2024

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### Friday, March 15th

5:00 - 6:00 p.m.	Hatha Yoga Class
6:00 p.m.	Prayers and Meditation   <i>Sri Vidya Shrine</i>
6:00 - 7:00 p.m.	Dinner
<b>7:30 - 9:00 p.m.</b>	<b>Program Session</b>
10:00 p.m.	Silence Observed Until 7:30 a.m.

### Saturday, March 16th

6:00 a.m.	Prayers and Meditation   <i>Sri Vidya Shrine</i>
<b>7:00 - 8:00 a.m.</b>	<b>Hatha Yoga Class</b>
7:30 - 8:30 a.m.	Breakfast
<b>10:00 a.m. - 12:00 p.m.</b>	<b>Program Session</b>
12:30 - 1:30 p.m.	Lunch
<b>1:30 - 4:30 p.m.</b>	<b>Personal Time, Appointments at PureRejuv Wellness Center</b>
<b>4:30 p.m.</b>	<b>Chai Social Party</b>
6:00 p.m.	Prayers and Meditation   <i>Sri Vidya Shrine</i>
6:00 - 7:00 p.m.	Dinner
<b>7:30 - 9:00 p.m.</b>	<b>Program Session</b>
10:00 p.m.	Silence Observed Until 7:30 a.m.

### Sunday, March 17th

6:00 a.m.	Prayers and Meditation   <i>Sri Vidya Shrine</i>
<b>7:00 - 8:00 a.m.</b>	<b>Hatha Yoga Class</b>
7:30 - 8:30 a.m.	Breakfast
<b>10:00 a.m. - 12:00 p.m.</b>	<b>Program Session</b>
12:30 - 1:30 p.m.	Lunch