



HI Essentials Retreat

Learn to Meditate

with

Ransom Hare

September 20 - September 22, 2024

Friday, September 20th

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
7:30 - 8:30 p.m.	Meditation Skills: Breathe and Relax
10:00 p.m.	Silence Observed Until 7:30 a.m.

Saturday, September 21st

6:00 a.m.	Prayers and Meditation <i>Sri Vidya Shrine</i>
7:00 - 8:00 a.m.	Hatha Yoga Class
7:30 - 8:30 a.m.	Breakfast
10:00 - 11:30 a.m.	Meditation Skills: Finding Stillness and Comfort in Sitting
12:30 - 1:30 p.m.	Lunch
1:30 - 4:00 p.m.	Personal Time, Appointments at PureRejuv Wellness Center, Faculty Office Hours
4:30 - 5:45 p.m.	Meditation Skills: Breathe for Equanimity
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.	Bonfire (weather permitting) or Evening Unwind
10:00 p.m.	Silence Observed Until 7:30 a.m.

Sunday, September 22nd

6:00 a.m.	Prayers and Meditation <i>Sri Vidya Shrine</i>
7:00 - 8:00 a.m.	Hatha Yoga Class
7:30 - 8:30 a.m.	Breakfast
10:00 - 11:30 a.m.	Meditation Skills: Developing a Daily Practice at Home
12:30 - 1:30 p.m.	Lunch