



Yoga and Hiking Weekend Retreat

with

Ransom Hare

September 13 - September 15, 2024

Friday, September 13th

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.	Relax into Breathing Practice
10:00 p.m.	Silence Observed Until 7:30 a.m.

Saturday, September 14th

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
9:00 a.m. - 12:00 p.m.	Hiking and Yoga
12:30 - 1:30 p.m.	Lunch
1:30 - 4:00 p.m.	Personal Time, Appointments at PureRejuv Wellness Center
4:00 - 5:00 p.m.	Breathe, Relax, Meditate Practice
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 15th

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
9:00 a.m. - 12:00 p.m.	Hiking and Yoga
12:30 - 1:30 p.m.	Lunch