



HI Essentials Retreat Yoga for Deep Rest

with

Sandy Anderson

December 6 - December 8, 2024

Friday, December 6th

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 - 9:00 p.m.	Relaxing Conversation and Guided Practice
10:00 p.m.	Silence Observed Until 7:30 a.m.

Saturday, December 7th

6:00 a.m.	Prayers and Meditation <i>Sri Vidya Shrine</i>
7:00 - 8:00 a.m.	Hatha Yoga Class with Sandy
7:30 - 8:30 a.m.	Breakfast
9:30 a.m.	Walking Tour of Campus
10:30 a.m. - 12:00 p.m.	Introduction to Systematic Muscle Relaxation and Guided Practice
12:30 - 1:30 p.m.	Lunch
1:30 - 4:00 p.m.	Personal Time, Appointments at PureRejuv Wellness Center, Faculty Office Hours
4:00 p.m.	Chai Social Party
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, December 8th

6:00 a.m.	Prayers and Meditation <i>Sri Vidya Shrine</i>
7:00 - 8:00 a.m.	Hatha Yoga Class with Sandy
7:30 - 8:30 a.m.	Breakfast
10:30 a.m. - 12:00 p.m.	Questions, Conclusion, and a Guided Practice
12:30 - 1:30 p.m.	Lunch