



HI Essentials Retreat

Living Your Best Life

with

Greg Capitolo

June 21 - June 23, 2024

Friday, June 21st

5:00 - 6:00 p.m.

Hatha Yoga Class

6:00 p.m.

Prayers and Meditation | *Sri Vidya Shrine*

6:00 - 7:00 p.m.

Dinner

7:30 - 9:00 p.m.

Living Your Best Life

10:00 p.m.

Silence Observed Until 7:30 a.m.

Saturday, June 22nd

6:00 a.m.

Prayers and Meditation | *Sri Vidya Shrine*

7:00 - 8:00 a.m.

Hatha Yoga Class

7:30 - 8:30 a.m.

Breakfast

9:30 a.m.

Walking Tour of Campus

10:30 a.m. - 12:00 p.m.

Breathe Like a Yogi

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.

Relaxation - The Antidote to Stress and Worry

6:00 p.m.

Prayers and Meditation | *Sri Vidya Shrine*

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, June 23rd

6:00 a.m.

Prayers and Meditation | *Sri Vidya Shrine*

7:00 - 8:00 a.m.

Hatha Yoga Class with Greg

7:30 - 8:30 a.m.

Breakfast

10:30 a.m. - 12:00 p.m.

Meditation - Discovering Your Inner Guide

12:30 - 1:30 p.m.

Lunch