



Free Community Offering Yoga for Pain Relief Introductory Class

with

Lee Albert, NMT

October 15, 2024

Seminar Room

Tuesday, October 15

4:00 p.m.	Meet Lee! Chai & Cookie Social Townsquare
5:00 - 6:00 p.m.	Hatha Yoga Class*
6:00 p.m.	Optional Prayers and Meditation <i>Sri Vidya Shrine</i>
6:00 - 7:00 p.m.	Dinner
7:15 p.m.	HI Welcome and Orientation HI Faculty
7:30 p.m.	Yoga for Pain Relief Introductory Class Lee Albert, NMT
10:00 p.m.	Silence Observed Until 7:30 a.m.

Please see the Hatha Yoga schedule posted on bulletin boards for weekly class schedule

The Sri Vidya Shrine hours: 3:00 a.m. to 12:45 p.m. & 3:00 p.m. to 12:00 a.m.

Garbha Griha darshan times: 6:15 a.m. to 8:00 a.m. & 5:00 p.m. to 5:55 p.m.

***Guest Services is happy to assist with any of your rooming needs to include extra towels & linens-
just stop by or call***