



# Pocono Retreat Weekend

with

**HI Faculty**

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## Friday

5:00 - 6:00 p.m.

6:00 p.m.

6:00 - 7:00 p.m.

**7:15 - 8:45 p.m.**

10:00 p.m.

Hatha Yoga Class

Prayers and Meditation | *Sri Vidya Shrine*

Dinner

**Orientation & Campus Tour**

Silence Observed Until 7:30 a.m.

## Saturday

6:00 a.m.

**7:00 - 8:00 a.m.**

7:30 - 8:30 a.m.

**10:00 - 11:30 a.m.**

12:30 p.m.

12:30 - 1:30 p.m.

**2:00 p.m.**

**3:00 p.m.**

6:00 p.m.

6:00 - 7:00 p.m.

**7:30 - 8:30 p.m.**

10:00 p.m.

Prayers and Meditation | *Sri Vidya Shrine*

**Hatha Yoga Class**

Breakfast

**Practicum: Breathe, Relax and Shine**

Sri Sukta Recitation | *Sri Vidya Shrine*

Lunch

**MOKA Chocolate & Coffee Tour | MOKA Origins Factory**

**Hike (weather permitting) or Free Time**

Prayers and Meditation | *Sri Vidya Shrine*

Dinner

**Golden Milk Unwind**

Silence Observed Until 7:30 a.m.

## Sunday

6:00 a.m.

**7:00 - 8:00 a.m.**

7:30 - 8:30 a.m.

**9:00 a.m. - 12:00 p.m.**

12:30 p.m.

12:30 p.m.

12:30 - 1:30 p.m.

Prayers and Meditation | *Sri Vidya Shrine*

**Hatha Yoga Class**

Breakfast

**Your Time, Your Pace—Free Time**

Sri Sukta Recitation | *Sri Vidya Shrine*

Check-out

Lunch