



# Yoga and Hiking Weekend Retreat

with

**Ransom Hare**

August 8 - 10, 2025

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## Friday, August 8th

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
<b>7:30 - 8:30 p.m.</b>	<b>Relax into Breathing Practice</b>
10:00 p.m.	Silence Observed Until 7:30 a.m.

## Saturday, August 9th

6:00 a.m.	Prayers and Meditation   <i>Sri Vidya Shrine</i>
<b>7:00 - 8:00 a.m.</b>	<b>Hatha Yoga Class</b>
7:30 - 8:30 a.m.	Breakfast
<b>9:00 a.m. - 12:00 p.m.</b>	<b>Hiking and Yoga</b>
12:30 - 1:30 p.m.	Lunch
<b>1:30 - 4:00 p.m.</b>	<b>Personal Time, Appointments at PureRejuv Wellness Center</b>
<b>4:00 - 5:00 p.m.</b>	<b>Breathe, Relax, Meditate Practice</b>
6:00 p.m.	Prayers and Meditation   <i>Sri Vidya Shrine</i>
6:00 - 7:00 p.m.	Dinner
<b>7:30 - 8:30 p.m.</b>	<b>Bonfire (weather permitting) or Evening Unwind</b>
10:00 p.m.	Silence Observed Until 7:30 a.m.

## Sunday, August 10th

6:00 a.m.	Prayers and Meditation   <i>Sri Vidya Shrine</i>
<b>7:00 - 8:00 a.m.</b>	<b>Hatha Yoga Class</b>
7:30 - 8:30 a.m.	Breakfast
<b>9:00 a.m. - 12:00 p.m.</b>	<b>Hiking and Yoga</b>
12:30 - 1:30 p.m.	Lunch