

Re-discover, and Renew

May 29 - 31

with

Sunset Room

Aphinya Deley

Friday, May 29th

4:00pm

4:20 - 4:45pm

5:00 - 6:00 pm

6:00 p.m.

6:00 - 7:00 p.m.

7:15 - 9:00pm

10:00 p.m.

Check-in & Welcome drink

Himalayan Campus Tour

Body Reset Yoga at Sunset Room

Prayers and Meditation | *Sri Vidya Shrine*

Dinner

Meet & Greet + Restorative Yoga

- *Take the time to reflect on what's holding you back from living fully and authentically. In the company of supportive, like-minded individuals, explore the inner blocks that stand between you and your truest self.*

Silence Observed Until 7:30 a.m.

Saturday, May 30th

6:00 a.m.

6:30 - 7:00am

7:30 - 8:30 a.m.

9:30 - 12:00pm

12:30 p.m.

12:30 - 1:30 p.m.

1:30 - 4:00pm

Prayers and Meditation | *Sri Vidya Shrine*

Group Meditation & Prayers in the Sri Vidya Shrine

- *Start your day in quiet reflection and spiritual grounding in a sacred, peaceful setting.*

Breakfast

Morning Retreat Session

- *Use intentional movement to release what no longer serves you and reconnect with your authentic self on a deeper level.*

Sri Sukta Recitation | *Sri Vidya Shrine*

Lunch

Free Time

- *Take this time to reflect, or join MOKA chocolate & Coffee Tour at 2pm, or hike the serene grounds, or rejuvenate with massage or spa services at the wellness center.*

*Please see the Hatha Yoga schedule posted on bulletin boards for weekly class schedule & locations.

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

(Shrine Closed for Cleaning 12:45 p.m. - 3:00 p.m.)

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

Main Building Code XXXX | Shrine Code XXXX# | After Hours Help: 570-216-8249

Guest Services is happy to assist with ANY of your rooming needs — just stop by or call.

Re-discover, and Renew

May 29 - 31

with

Sunset Room

Aphinya Deley

4:15 - 5:45pm

Evening Retreat Session

- *Move with intention, ground in your truth, and open yourself to the limitless possibilities that await.*

6:00 p.m.

Prayers and Meditation | *Sri Vidya Shrine*

6:00 - 7:00 p.m.

Dinner

7:30 - 9:30pm

Bonfire (weather permitting) or Golden Milk Unwind

10:00 p.m.

Silence Observed Until 7:30 a.m.

Sunday, May 31st

6:00 a.m.

Prayers and Meditation | *Sri Vidya Shrine*

6:30 - 7:00am

Group Meditation & Prayers in the Sri Vidya Shrine

- *Start your day in quiet reflection and spiritual grounding in a sacred, peaceful setting.*

7:00 a.m.

Hatha yoga class*

7:30 - 8:30 a.m.

Breakfast

9:00 - 11:30am

Gathering & Goodbye

- *Reflect on your experience. Acknowledge your growth, recognize your transformation, and identify where you still need support to keep evolving.*

12:30 p.m.

Checkout

12:30 p.m.

Sri Sukta Recitation | *Sri Vidya Shrine*

12:30 - 1:30 p.m.

Lunch

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