



Memorial Day Pocono Getaway Weekend

with

Brian Fulp, Aaron Luburich & Greg Capitolo

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.

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

Free Afternoon

Prayers and Meditation | *Sri Vidya Shrine*

Dinner

Bonfire

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 - 1:30 p.m.

2:00 p.m.

4:00 p.m.

6:00 p.m.

6:00 - 7:00 p.m.

7:30 - 8:30 p.m.

Prayers and Meditation | *Sri Vidya Shrine*

Hatha Yoga Class

Breakfast

Guided Hike

Sri Sukta Recitation | *Sri Vidya Shrine*

Lunch

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

Guided Relaxation

Prayers and Meditation | *Sri Vidya Shrine*

Dinner

Bonfire



10:00 p.m.

Monday

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.

Silence Observed Until 7:30 a.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