

December 28-31 Retreat Schedule

THURSDAY, DECEMBER 28

Yoga	4:30 pm
Retreat Orientation for first-time participants	6:00 pm
Class	7:00 pm
Dinner	Follows meditation

FRIDAY, DECEMBER 29

Meditation & Sri Lalita Trishati	6:30 am
Breakfast	7:30 am
Yoga	8:30 am
Morning Talk by Swamiji	10:00 am
Lunch	12:30 pm
100 Handprint Healing Ritual	5:30 pm
Dinner	Follows

SATURDAY, DECEMBER 30

Meditation & Sri Lalita Trishati	6:30 am
Breakfast	7:30 am
Yoga	8:30 am
Morning Talk by Swamiji	10:00 am
Lunch	12:30 pm
Chöd Practice	4:30 pm
Guided Yoga Relaxation	6:00 pm
Class	7:00 pm
Dinner	Follows

SUNDAY, DECEMBER 31

Meditation & Sri Lalita Trishati	6:30 am
Breakfast	7:30 am
Yoga	8:30 am
Morning Talk, followed by Darshan with Swamiji	10:00 am
Lunch	Follows darshan