

# Sacred Summer Schedule

## Day 1

Students arrive onsite at Tops'l Farm — Check in at 3:00 PM

Day free to explore the land and relax

5:00 PM — Restoring the Roots (Restorative & Meditation)

6:00 PM — Sacred Welcome Circle

7:00 PM — Dinner

## Day 2

7:00 AM — Surya Rising: Solar Rhythms (Asana, Pranayama, Meditation) 9:30 AM — Brunch

2:00 PM — Light lunch

4:00 PM — Mandalas of Intention: Mapping Your Destiny (Workshop)

6:00 PM — Drawing Down the Sun (Restorative & Meditation)

7:00 PM — Dinner

## Day 3

7:00 AM — Kali Rising (Asana, Pranayama, Meditation)

9:30 AM — Brunch

2:00 PM — Light lunch

4:00 PM — Divination and Drishti: Solutions-Based Energetics (Workshop)

6:00 PM — Goodnight, Kali (Restorative Practice & Meditation)

7:00 PM — Dinner

## Day 4

7:00 AM — Vishnu Rising: Sustaining Flight (Asana, Pranayama, Meditation)

8:30 AM — Sacred Closing Circle

9:30 AM — Brunch

Students prepare to leave Tops'l Farm — Check out at 11:00 AM Day free to explore the land and relax