



July 23-26 Retreat Schedule (updated Saturday, July 22, 2017)

SUNDAY, JULY 23

Havan (south yard at Shiva Nataraj) 7:00PM

MONDAY, JULY 24

Meditation & Sri Lalita Trishati	6:30AM
Breakfast	7:30AM
Yoga Class	8:00-9:30AM
Morning Talk by Swamiji	10:00AM
Lunch	12:30PM
Yoga Class	5:45-6:50PM
Chöd Practice with Swamiji	7:00PM
Dinner	Follows

TUESDAY, JULY 25 — HAPPY BIRTHDAY SWAMIJI ❤

Meditation & Sri Lalita Trishati	6:30AM
Breakfast	7:30AM
Yoga Class	8:00-9:30AM
Morning Talk by Swamiji	10:00AM
Darshan with Swamiji	11:00AM
Lunch	12:30PM
Feldenkrais Awareness Through Movement	5:45-6:45PM
Chöd Practice with Swamiji	7:00PM
Dinner	Follows

WEDNESDAY, JULY 26

Meditation & Sri Lalita Trishati	6:30AM
Breakfast	7:30AM
Yoga Class	8:00-9:30AM
Morning Talk by Swamiji	10:00AM
Lunch	12:30PM
Yoga Class	5:45-6:50PM
Chöd Practice with Swamiji	7:00PM
Dinner	Follows

Current as of July 22, 2017. Updates will be announced.