



Sample Schedule. All Sessions are 100% Optional.

6:45–8:00 a.m. – Guided Yoga Practice & Meditation

Begin the day with an energizing session of yoga and meditation to ground your mind and body.

7:30–8:30 a.m. – Breakfast

Enjoy a nourishing, wholesome meal to fuel your morning.

10:00–11:30 a.m. – Morning Retreat Session

Dive deep into teachings and practices that nurture inner growth and balance.

12:30–12:45 p.m. – Group Meditation & Sri Sukta Recitation

Join a group meditation and mantra recitation in the sacred Sri Vidya Shrine.

12:30–1:30 p.m. – Lunch

Savor a delicious meal, prepared with care to support your retreat journey.

1:30–4:30 p.m. – Free Time / Chai Party

Take this time for personal practice, quiet reflection, or enjoy the wellness services at the on-site spa. On Friday we'll enjoy afternoon Chai & Cookies.

4:00–5:00 p.m. – Afternoon Retreat Session

Enjoy a guided stretching and relaxation practice to deeply nourish your body and mind.

6:00–6:15 p.m. – Group Meditation & Prayers in the Sri Vidya Shrine

Join a group meditation and mantra recitation in the sacred Sri Vidya Shrine.

6:00–7:00 p.m. – Dinner

Enjoy a delicious dinner to replenish and unwind.

7:30–9:00 p.m. – Evening Retreat Session

Evening sessions will include live soulful music, a ceremonial fire, and inspiring and meaningful community connection.

10:00 p.m. – Silence Observed

Embrace silence from 10:00 p.m. to 7:30 a.m., allowing for restful reflection and rejuvenation.