



## HI Retreat Itinerary June 23-25, 2017

### Friday, June 23, 2017

- 4-6pm Registration - Chai Tea & Cookie Welcome
- 6-7pm Dinner
- 7-8pm Mindfulness Workshop in the Sunrise Room
- 8-9pm Gentle Yoga with Yoga Nidra in the Sunrise Room

### Saturday, June 24, 2017

- 7-8:15am Hatha Yoga Practice in the Auditorium
- 7:30-8:30am Breakfast
- 10am-12pm Meditation Workshop in the Sunrise Room
- 12:30-1:30pm Lunch
- 3-4:30pm Introduction to Sanskrit Workshop in the Sunrise Room
- 4:30-5:45pm Vinyasa Yoga Practice in the Sunrise Room
- 6-7pm Dinner
- 7:30pm Bonfire by the Pond

### Sunday, June 25, 2017

- 7-8:15am Hatha Yoga Practice in the Auditorium
- 7:30-8:30am Breakfast
- 10-11:30am Mindfulness Workshop in the Sunrise Room
- 11:30am Closing Circle
- 12:30-1:30pm Lunch