



HIMALAYAN
INSTITUTE®

Sample Weekend Seminar Schedule

Friday	5:00	All Levels Yoga and Meditation	Seminar Room
	6:15 - 6:45	Dinner	
	7:15	Orientation	Sunset Room
	7:30	Introductory Practicum/Lecture	Sunset Room
	9:30	Group Meditation and Prayers	3rd Fl Meditation Rm
	10:00	Silence is observed until 8 am	
Saturday	6:00	Group Meditation and Prayers	3rd Fl Meditation Rm
	6:30	Hatha Yoga for Meditators	Auditorium
	8:00 - 8:30	Breakfast	
	10:00	Morning Practicum/Lecture	Sunset Room
	12:30 - 1:10	Lunch	
	3:30	Afternoon Practicum/Lecture	Sunset Room
	6:15 - 6:45	Dinner	
	7:30	Evening Practicum/Lecture	Sunset Room
	9:30	Group Meditation and Prayers	3rd Fl Meditation Rm
	10:00	Silence is observed until 8 am	
Sunday	6:00	Group Meditation and Prayers	3rd Fl Meditation Rm
	6:30	Hatha Yoga for Meditators	Auditorium
	8:00 - 8:30	Breakfast	
	10:00	Closing Practicum/Lecture	Sunset Room
	12:30 - 1:10	Lunch	