

# Yogi Living Essentials

with

## Himalayan Institute Senior Faculty

### Sample Schedule

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#### Thursday

6:00–7:00 p.m.

**7:30–9:00 p.m.**

9:30 p.m.

10:00 p.m.

Dinner

**Opening Session**

Prayers and meditation | *Sri Vidya Shrine*

Silence observed until 7:30 a.m.

#### Friday

6:00 a.m.

**7:00–8:15 a.m.**

7:30–8:30 a.m.

**9:30–12:30 p.m.**

12:30–1:30 p.m.

**2:30–4:30 p.m.**

**4:30 p.m.**

6:00–7:00 p.m.

**7:30–9:00 p.m.**

9:30 p.m.

10:00 p.m.

Prayers and meditation | *Sri Vidya Shrine*

**Guided Yoga Practice**

Breakfast

**Morning Session: Yoga Practice**

Lunch

**Afternoon Session: Yoga Lifestyle**

**Afternoon Chai**

Dinner

**Evening Session: Yoga Wisdom**

Prayers and meditation | *Sri Vidya Shrine*

Silence observed until 7:30 a.m.

#### Saturday

6:00 a.m.

**7:00–8:15 a.m.**

7:30–8:30 a.m.

**9:30–12:30 p.m.**

12:30–1:30 p.m.

**2:30–4:30 p.m.**

**4:30 p.m.**

6:00–7:00 p.m.

**7:30–9:00 p.m.**

9:30 p.m.

10:00 p.m.

Prayers and meditation | *Sri Vidya Shrine*

**Guided Yoga Practice**

Breakfast

**Morning Session: Yoga Practice**

Lunch

**Afternoon Session: Yoga Lifestyle**

**Afternoon Chai**

Dinner

**Evening Session: Yoga Wisdom**

Prayers and meditation | *Sri Vidya Shrine*

Silence observed until 7:30 a.m.

*\*Please see bulletin boards for hatha yoga schedule*

*The Sri Vidya Shrine is open from 3:00 a.m.–12:00 p.m. & 3:00 p.m.–12:00 a.m.*

## Sunday

6:00 a.m.

**7:00–8:15 a.m.**

7:30–8:30 a.m.

**9:30–12:30 p.m.**

12:30–1:30 p.m.

Prayers and meditation | *Sri Vidya Shrine*

**Guided Yoga Practice**

Breakfast

**Closing Session**

Lunch

*\*Please see bulletin boards for hatha yoga schedule*

*The Sri Vidya Shrine is open from 3:00 a.m.–12:00 p.m. & 3:00 p.m.–12:00 a.m.*