New Year’s Retreat Schedule  
December 29, 2021 - January 1, 2022

WEDNESDAY Dec 29
7:00 - 7:15 PM  Shoe Room Social
7:15 - 8:30  Opening Gathering

THURSDAY & FRIDAY Dec 30 & 31
7:00 - 8:30 AM  Pranayama & Meditation
   Beginning Level
   Intermediate Level
   Advanced Level

8:45 - 10:15  Asana
   Classical Hatha I
   Classical Hatha II
   Therapeutic Hatha

10:15 - 12:00 PM  Brunch and Break

12:00 - 1:00  Midday Options
   The Cafe
   Hand Mudra Instruction

1:00 - 1:30  Break

1:30 - 3:00  Presentations on Turning to the Light for Connection & Support

3:00 - 4:00  Break

4:00 - 5:00  Meditation

5:00 - 6:00  Dinner

6:00 - 7:00  Arati livestream at the Temple

7:15 - 7:30  Shoe Room Social

7:30 - 8:30  Thurs Narayana Suktam: Hymn to the Divine Light Within
   (this is a description of the practice done on NY’s Eve as we transition into the new year)

7:15 - Midnight  Fri New Year’s Eve: Music, Dance, Meditation & more!
SATURDAY January 1, 2022

7:30 - 10:30 AM  Yajna with mantra for healing and peace
10:30 - 11:30    Brunch/Break
11:30- 12:15 PM  Closing Gathering