

# 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**