



RETREAT SCHEDULE

MONDAY - DECEMBER 29, 2025

4PM Arrival
5 PM Guided Yoga Practice | Greg Capitolo

7:30 PM **Lighting Our Inner Flame: Intention & Sankalpa**
with Shari Friedrichsen and Jen Ryan This grounding session sets the tone of the retreat with guided reflection, intention setting, and sound healing.

TUESDAY - DECEMBER 30, 2025

7 AM Guided Yoga Practice

10:30 AM **Breathing Light: Awakening Pranic Flow**
with Judy Moulton Invite awareness of prana to awaken through simple movement, navel center activation, and practices for inner awareness.

2 PM Free Time

4 PM **Chai & Connection**
with Amy Lee Flower Intentional practices over chai strengthening connection between participants, and then rolling right into yoga class.

5 PM **Radiance in Motion**
with Amy Lee Flower An active yoga session focused on awakening and directing prana through intentional movement and breath. This will be a dynamic, creative flow that serves as a living expression of inner light.

7:30 **Igniting Creativity: Intention-Setting Through Art**
with Cari Skier An interactive, hands-on session that blends guided intention work with creative expression. Participants will reflect on their inner vision, bring it to life through art-making, while enjoying warm, comforting golden milk.

WEDNESDAY - DECEMBER 31, 2025

- 7 AM** **Guided Yoga Practice: Cultivating Meditative Awareness**
with Greg Capitolo
- 10-11:30AM** **Becoming the Light: An Immersive Practice**
with Shari Friedrichsen Cultivate inner stillness in every circumstance—whether light or dark. Through this practice we will grow in faith, patience, and kindness as we deepen into the wisdom and compassion at the core of our being.
- 2 PM Free Time (Moka, Massage, Hiking)
4 PM Chai Social
- 5-6 PM** **Lightness of Being: Adult Play Time**
with Jennifer Mohamed An embodied yoga practice that invites playful movement and joyful presence, exploring spontaneity, laughter, and light-heartedness.
- 6 PM** **Candlelit New Year's Eve Dinner and Harp Serenade**
- 7:30–8:30 PM** **Harmonic Healing: Sound Bath & Deep Rest**
with Jen Ryan A sound immersion experience with singing bowls, gongs, and sacred instruments helping us to attune to subtle energy and inner calm.
- 9-12** **Akhanda Japa**
Continuous group meditation in the Sri Vidya Shrine that begins and ends with a group a recitation of Vedic mantras. Join the meditation for as long as you like, or sit multiple times over the 3-hour practice.
- Midnight** **Closing Recitation**

THURSDAY - JANUARY 1, 2026

- 7 AM Guided Yoga Practice | Judy Moulton
- 10 AM** **New Year's Video Address**
with Pandit Rajmani Tigunait and Ishan Tigunait
- 10:30-11:30 AM** **Lighting the Way Forward: A Concluding Circle**
with Shari Friedrichsen A heartfelt closing circle that invites participants to honor their experience, carry the light forward, and step into the new year renewed.



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