

# Nourish - Ground - Restore

## HIB Fall Getaway Weekend

Oct. 31st - Nov. 2nd

with

Auditorium

**Jackie Bogdan**

### Friday, October 31st

**4:00 - 5:00 p.m.**

5:00 - 6:00 p.m.

6:00 p.m.

6:00 - 7:00 p.m.

**7:15 p.m.**

**7:30 - 8:30 p.m.**

10:00 p.m.

**Mocktail Meet and Greet - Happy Halloween!**

Hatha Yoga Class\*

Prayers and Meditation | *Sri Vidya Shrine*

Dinner

**Orientation**

**Presenter: Greg Capitolo**

Silence Observed Until 7:30 a.m.

### Saturday, November 1st

6:00 a.m.

**7:00 - 8:00 a.m.**

7:30 - 8:30 a.m.

**10:30 a.m. - 12:00 p.m.**

12:30 p.m.

12:30 - 1:30 p.m.

**1:30 - 4:00 p.m.**

2:00 p.m.

**4:00 - 5:15 p.m.**

6:00 p.m.

6:00 - 7:00 p.m.

**7:30 - 8:45 p.m.**

10:00 p.m.

Prayers and Meditation | *Sri Vidya Shrine*

**Hatha Yoga with Julia: Nourish and Awaken**

Breakfast

**Sadhana Circle with Mary Gail Sovik: How Life Transforms Us**

Sri Sukta Recitation | *Sri Vidya Shrine*

Lunch

**Free Time | Group Walk | Therapeutic Services**

MOKA Chocolate & Coffee Tour

**Yin Yoga and Relaxation with Tracy: Ground and Wind Down**

Prayers and Meditation | *Sri Vidya Shrine*

Dinner

**Kirtan | Seminar Room**

Silence Observed Until 7:30 a.m.

### Sunday, November 2nd

6:00 a.m.

7:00 a.m.

7:30 - 8:30 a.m.

**10:00 - 11:30 a.m.**

12:30 p.m.

12:30 p.m.

12:30 - 1:30 p.m.

Prayers and Meditation | *Sri Vidya Shrine*

Hatha yoga class\*

Breakfast

**Closing Ceremony with Julia | Sound of Music Hill**

Sri Sukta Recitation | *Sri Vidya Shrine*

Checkout

Lunch

*\*Please see the Hatha Yoga schedule posted on bulletin boards for weekly class schedule & locations*

**The Sri Vidya Shrine hours: 3:00 a.m. to 12:45 p.m. & 3:00 p.m. to 12:00 a.m.**

*(Shrine Closed for Cleaning 12:45 p.m. - 3:00 p.m.)*

**Garbha Griha darshan times: 6:15 a.m. to 8:00 a.m. & 5:00 p.m. to 5:55 p.m.**

**Main Building Code**

**| Shrine Code**

**| After Hours Help:**

*Guest Services is happy to assist with ANY of your rooming needs— just stop by or call*