

WEEKLY RETREAT PROGRAM FEBRUARY 20 TO FEBRUARY 26, 2023							
Monday, 20 February		Tuesday, 21 February		Wednesday, 22 February		Thursday, 23 February	
7:00 am to 10:00 am	Hike to Santala Devi* Kila	6:00 am to 7:30 am	Walk to Sakya Monastery* Kila	6:30 am to 8:00 am	Chef's Run* Kila	7:00 am to 10:00 am	Hike to Gulab Singh* Kila
7:30 am to 8:10 am	Pratah Yoga Beginners Hathayoga The Bodhi Tree	7:30 am to 8:10 am	Pratah Yoga Beginners Hathayoga The Bodhi Tree	7:30 am to 8:10 am	Pratah Yoga Beginners Hathayoga The Bodhi Tree	7:30 am to 8:10 am	Pratah Yoga Beginners Hathayoga The Bodhi Tree
8:00 am to 8:45 am	Power Walk Gymnasium	8:20 am to 9:00 am	Pratah Yoga Intermediate Hathayoga The Bodhi Tree	8:20 am to 9:00 am	Pratah Yoga Intermediate Hathayoga The Bodhi Tree	8:20 am to 9:00 am	Pratah Yoga Intermediate Hathayoga The Bodhi Tree
8:20 am to 9:00 am	Pratah Yoga Intermediate Hathayoga The Bodhi Tree	10:00 am to 10:45 am	Body Weight Circuit Training Gymnasium	9:15 am to 10:00 am	Gom Meditation Cave	9:15 am to 10:00 am	Shamatha Meditation Cave
10:30 am to 11:15 am	Aqua Moves* Indoor Pool	10:00 am to 11:00 am	Losar Puja Temple	10:00 am to 11:00 am	Nature Walk at Vana Kila	10:30 am to 11:15 am	Aqua Moves* Indoor Pool
11:00 am to 11:45 am	Madhyan Dhyan Yoga Om Mantra Meditation Cave	11:00 am to 11:45 am	Madhyan Dhyan Yoga Trataka Meditation Cave	11:00 am to 11:30 am	Core Stability* Gymnasium	11:00 am to 11:45 am	Madhyan Dhyan Yoga Trataka Meditation Cave
12:00 noon to 12:30 pm	Apothecary Lesson* 'Home Remedy' Salana	12:00 noon to 12:45 pm	Lesson on Vana Beverges * Salana	11:00 am to 11:45 am	Madhyan Dhyan Yoga Om Mantra Meditation Cave	12:00 noon to 1:00 pm	Cuisine Lesson* 'Ayurveda' Salana
2:00 pm to 2:45 pm	Prajna - Yoga Nidra withdrawal of senses with awareness The Bodhi Tree	2:00 pm to 2:45 pm	Prajna - Yoga Nidra withdrawal of senses with awareness The Bodhi Tree	12:00 noon to 12:30 pm	Make Your Own* Body Scrub Alchemy Bar	2:00 pm to 2:45 pm	Prajna - Yoga Nidra withdrawal of senses with awareness The Bodhi Tree
3:30 pm to 4:00 pm	Raag Therapy 'Relaxation' The Bodhi Tree	3:00 pm to 3:30 pm	Best Out of Waste* Craft Activity Kila Terrace	2:00 pm to 2:45 pm	Prajna - Yoga Nidra withdrawal of senses with awareness The Bodhi Tree	3:30 pm to 4:00 pm	Raag Therapy 'Enthusiasm' The Bodhi Tree
4:00 pm to 5:00 pm	Swaranjali Kila	3:00 pm to 9:00 pm	Private Rishikesh Arti* Kila	2:45 pm to 3:15 pm	Walking Meditation Yogasala Orchard	5:00 pm to 5:45 pm	Sandhya Yoga Breathing Relaxation The Bodhi Tree
5:00 pm to 5:45 pm	Sandhya Yoga Breathing Relaxation The Bodhi Tree	3:30 pm to 4:00 pm	Raag Therapy 'Nourishment' The Bodhi Tree	3:30 pm to 4:00 pm	Raag Therapy 'Energy' The Bodhi Tree	6:00 pm to 7:00 pm	Talk - Natural Alignment Sketchbook 1
5:45 pm to 6:00 pm	Rishikesh Aarti Introduction The Bodhi Tree	5:00 pm to 5:45 pm	Sandhya Yoga Breathing Relaxation The Bodhi Tree	4:30 pm to 5:00 pm	Flute Recital Kila		
6:00 pm to 7:00 pm	Talk - The Yogasutra of Patanjali Sketchbook 1	6:00 pm to 7:00 pm	Talk - The Wisdom of Ayurveda Sketchbook 1	5:00 pm to 5:45 pm	Sandhya Yoga Breathing Relaxation The Bodhi Tree		
6:00 pm to 7:00 pm				6:00 pm to 7:00 pm	Talk - Wheel of Life Sketchbook 1		
Friday, 24 February		Saturday, 25 February		Sunday, 26 February			
7:00 am to 12:00 noon	Hike to Barlowganj* Kila	7:30 am to 8:10 am	Pratah Yoga Beginners Hathayoga The Bodhi Tree	7:00 am to 12:00 noon	Private Hike to Jabarkhet Nature Reserve* Kila		
7:30 am to 8:10 am	Pratah Yoga Beginners Hathayoga The Bodhi Tree	8:20 am to 9:00 am	Pratah Yoga Intermediate Hathayoga The Bodhi Tree	7:30 am to 8:10 am	Pratah Yoga Beginners Hathayoga The Bodhi Tree		
8:00 am to 8:45 am	Power Walk Gymnasium	10:00 am to 10:45 am	Body Weight Circuit Training Gymnasium	8:00 am to 9:00 am	Walk in Vana Gardens Kila		
8:20 am to 9:00 am	Pratah Yoga Intermediate Hathayoga The Bodhi Tree	11:00 am to 11:45 am	Madhyan Dhyan Yoga Trataka Meditation Cave	8:20 am to 9:00 am	Pratah Yoga Intermediate Hathayoga The Bodhi Tree		
9:15 am to 10:00 am	Gom Meditation Cave	12:00 noon to 1:00 pm	Cuisine Lesson* 'Nutrition' Salana	10:15 am to 10:45 am	Core Stability* Gymnasium		
10:00 am to 11:00 am	Sustainability Tour* Kila	2:00 pm to 2:45 pm	Prajna - Yoga Nidra withdrawal of senses with awareness The Bodhi Tree	11:00 am to 11:45 am	Madhyan Dhyan Yoga Om Mantra Meditation Cave		
11:00 am to 11:30 am	Mindful Tea* Kila Terrace	3:30 pm to 4:00 pm	Raag Therapy 'Purity' The Bodhi Tree	12:00 noon to 12:30 pm	Apothecary Lesson* 'Home Remedy' Alchemy Bar		
11:00 am to 11:45 am	Madhyan Dhyan Yoga Om Mantra Meditation Cave	4:30 pm to 5:00 pm	Surmandal Recital Kila	2:00 pm to 2:45 pm	Prajna - Yoga Nidra withdrawal of senses with awareness The Bodhi Tree		
12:00 noon to 12:30 pm	Make Your Own* Body Scrub Alchemy Bar	5:00 pm to 5:45 pm	Sandhya Yoga Breathing Relaxation The Bodhi Tree	3:30 pm to 4:00 pm	Raag Therapy 'Love' The Bodhi Tree		
2:00 pm to 2:45 pm	Prajna - Yoga Nidra withdrawal of senses with awareness The Bodhi Tree	6:00 pm to 7:00 pm	Talk - The Art of Traditional Chinese Medicine Sketchbook 1	5:00 pm to 5:45 pm	Sandhya Yoga Breathing Relaxation The Bodhi Tree		
3:30 pm to 4:00 pm	Raag Therapy 'Peace' The Bodhi Tree	8:00 pm to 10:00 pm	Film 'Good Will Hunting' Temple	6:00 pm to 7:00 pm	Talk - Sowa Rigpa: Ancient Science of Tibetan Healing Sketchbook 1		
4:15 pm to 5:15 pm	Piano Recital The Library						
5:00 pm to 5:45 pm	Sandhya Yoga Breathing Relaxation The Bodhi Tree						
6:00 pm to 7:00 pm	Talk - The Science of Reflexology Sketchbook 1						
							*Retreat activities require signing up 24 hours before taking place at the Wellness Services. Please arrive two to five minutes before the starting time to secure your spot and not to disturb the activity once it's started.