

# Awaken Your Power: A Holistic Approach to Renewed Purpose

hosted by

**Myra Howard, LMT, MCHC**

**November 1st - 4th**

**Guest House Block**

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## SAMPLE SCHEDULE

### Friday, Nov. 1st

2:00 - 6:00 pm	Check-In
5:00 - 6:00 p.m.	Hatha Yoga Class* <i>Optional</i>
6:00 p.m.	Prayers and Meditation   <i>Sri Vidya Shrine Optional</i>
<b>6:00 - 7:00 p.m.</b>	<b>Welcome Retreat Dinner</b>
<b>7:00 - 9:00 p.m.</b>	<b>Retreat Workshop Session</b>
10:00 p.m.	Silence Observed Until 7:30 a.m.

### Saturday, Nov. 2nd

6:00 a.m.	Prayers and Meditation   <i>Sri Vidya Shrine Optional</i>
7:00 a.m.	Hatha yoga class* <i>Optional</i>
7:30 - 8:30 a.m.	Breakfast
<b>9:00 - 12:00 p.m.</b>	<b>Retreat Workshop Session</b>
12:30 - 1:30 p.m.	Lunch
2:00 p.m.	MOKA Chocolate & Coffee Tour <i>Optional</i>
<b>3:30 - 6:00 p.m.</b>	<b>Retreat Workshop Session</b>
6:00 p.m.	Prayers and Meditation   <i>Sri Vidya Shrine Optional</i>
6:00 - 7:00 p.m.	Dinner
<b>7:00 - 8:00 p.m.</b>	<b>Retreat Workshop Session</b>
10:00 p.m.	Silence Observed Until 7:30 a.m.

### Sunday, Nov. 3rd

6:00 a.m.	Prayers and Meditation   <i>Sri Vidya Shrine Optional</i>
7:00 a.m.	Hatha yoga class* <i>Optional</i>

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

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

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

**Guest Services is happy to assist with any of your rooming needs to include extra towels & linens—  
just stop by or call**

**Activities printed in orange on the schedule are required for all retreat participants, while  
all other activities are optional.**

7:30 – 8:30 a.m.  
**9:00 - 12:00 p.m.**  
 12:30 – 1:30 p.m.  
**1:30 - 3:30 p.m.**  
**3:30 – 6:00 p.m.**  
 6:00 p.m.  
 6:00 – 7:00 p.m.  
 10:00 p.m.

Breakfast  
**Retreat Workshop Session**  
 Lunch  
**Retreat Nature Walk/Hike**  
**Retreat Workshop Session**  
 Prayers and Meditation | *Sri Vidya Shrine Optional*  
 Dinner  
 Silence Observed Until 7:30 a.m.

## Monday, Nov. 4th

6:00 a.m.  
 7:00 a.m.  
 7:30 – 8:30 a.m.  
**9:00 - 11:00 a.m.**  
**11:00 - 12:00 pm**  
 12:30  
 12:30 – 1:30 p.m.

Prayers and Meditation | *Sri Vidya Shrine Optional*  
 Hatha yoga class\* *Optional*  
 Breakfast  
**Retreat Workshop Session****Workshop Session**  
**Retreat Closing Bonfire Ceremony**  
 Check-Out  
 Lunch

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

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

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

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