



ANNIVERSARY

HIMALAYAN
INSTITUTE®

Members Homecoming Weekend

with **Pandit Rajmani Tigunait**

&

Himalayan Institute Faculty

August 26th- 29th, 2021

Thursday, August 26th

7:30 p.m.

8:30 pm

10:00 p.m.

Homecoming: Inspiration from 50 Years of Service

Group Meditation in Sri Vidya Shrine (Optional)

Silence observed until 7:30 a.m.

Friday, August 27th

6:00 a.m.

7:00 a.m.

8:00 - 8:30 a.m.

8:30 a.m.-11:00 a.m.

11:00 a.m. - 12:00 p.m.

12:30 - 12:45 p.m

12:30p - 1:30 p.m.

2:00 p.m.

4:00 p.m.

6:00 p.m.

6:15 - 6:45 p.m

7:30 - 8:30

10:00 p.m.

Prayers and meditation | *Sri Vidya Shrine* | Optional

Hatha yoga and Vishoka Meditation class* | Optional

Breakfast

Free Time (Wellness Center Appointment), R&R

Introduction to Vishoka Meditation and the Sri Vidya Shrine

Sri Sukta Recitation | *Sri Vidya Shrine* | Optional

Lunch

Campus Tour and Guided Hike | Optional

Chai Party

Prayers and meditation | *Sri Vidya Shrine* | Optional

Dinner

Campfire | Sunset Pond (weather permitting)

Silence observed until 7:30 a.m.

Saturday, August 28th

6:00 a.m.

7:00 a.m.

8:00 - 12:30 p.m

12:30 - 12:45 p.m

12:30 p.m.

12:30p - 1:30 p.m.

2:00 p.m.

Prayers and meditation | *Sri Vidya Shrine* | Optional

Hatha yoga and Vishoka Meditation class* | Optional

Breakfast with Free time. Enjoy!

Sri Sukta Recitation | *Sri Vidya Shrine* | Optional

Check out time

Lunch

MOKA Origins Tour and Tasting | Optional

**Hatha Yoga Classes require masks worn for the duration of the class due to our COVID policies
The Sri Vidya Shrine is open from 5:30 a.m. - 12:00 p.m. & 3:00 p.m. - 9:00 p.m.*

Main building & Shrine Entry Passwords



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5:30 p.m.	Group Meditation <i>Sri Vidya Shrine</i>
6:00 p.m.	Prayers and meditation <i>Sri Vidya Shrine</i> Optional
6:15 - 6:45 p.m.	Dinner
7:30 - 8:30	Satsang with Panditji
10:00 p.m.	Silence observed until 7:30 a.m.

Sunday, August 29th

6:00 a.m.	Prayers and meditation <i>Sri Vidya Shrine</i> Optional
7:00 a.m.	Hatha yoga and Vishoka Meditation class* Optional
8:00 - 11:30 a.m.	Breakfast with Free time. Enjoy!
11:30 a.m.-12:30 pm	Closing Session
12:30 - 12:45 p.m.	Sri Sukta Recitation <i>Sri Vidya Shrine</i> Optional
12:30 p.m.	Check out time
12:30p - 1:30 p.m.	Lunch

Protocols

During meal times, our team members must serve you! Be sure to check in with the dining room servers at the indicated meal times.

Please know that all overnight guests require wellness screening and are given building codes upon arrival. If you see someone who needs assistance, please refrain from allowing them inside and encourage them to call **(570) 216 - 8249** for confirmation of their visit..

Thank you for wearing your mask in all public spaces! We appreciate your adherence to our protocols!

**Hatha Yoga Classes require masks worn for the duration of the class due to our COVID policies
The Sri Vidya Shrine is open from 5:30 a.m. – 12:00 p.m. & 3:00 p.m. – 9:00 p.m.*

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