



Weekend at a Glance

Sattva is the highest, inner quality that exists within all material forms of nature. Sattva represents harmony, purity, and conscious living. It is the intelligence awakened within when we practice the simple, joyful, yogic life. There is something here for everyone, regardless of previous experience. If you seek to bring Yoga more fully into your life, wherever you are on the path, we hope you join us if you feel inspired.

THURSDAY

4 PM – 6 PM	Registration & Settling In
6:30 PM	Light Dinner
7:30 PM	Introduction and Cultivating Community
8:30 PM	Samkalpa – Setting the Intention

FRIDAY

5:30 AM	Morning Ayurvedic Practice (optional)
6:30 AM	Meditation & Mantra
7 AM	Hatha Yoga Practice (Level I & II)
9 AM	Breakfast
10:30 AM	Satsang – “Spring Cleaning” from the Inside Out – Part I
12:30 N	Lunch
2 PM	Swadhyaya – Self Study
4 PM	Hatha Yoga, Meditation, Complete Devanagari Multisyllabic

SATURDAY

5:30 AM	Morning Ayurvedic Practice (optional)
6:30 AM	Meditation & Mantra
7 AM	Hatha Yoga Practice (Level I & II)
9 AM	Breakfast
10:30 AM	Satsang – “Spring Cleaning” from the Inside Out – Part II
12:30 N	Lunch
2 PM	Swadhyaya – Self Study
4 PM	Deepening the Practice – Details on the Mat
6 PM	Dinner
7 PM	Satsang – Coming Together
8 PM	Yoga Dance
9 PM	Puja Ceremony / Campfire

SUNDAY

5:30 AM	Morning Ayurvedic Practice (optional)
6:30 AM	Meditation & Mantra
7 AM	Hatha Yoga Practice (Level I & II)
9 AM	Breakfast
10:30 AM	Satsang – Bringing it Home
12:30 N	Lunch & Departure