

WEDNESDAY December 30

- 3:00 pm **Welcoming and Orientation**
Swami Divyananda
- 4:15 Break
- 4:30 – 5:15 **Handling the Mind with Compassion and Skill**
Swami Karunananda
- 5:30 - 6:45 Hatha Yoga
- 6:45 Dinner Break
- 7:30 – 9:00 **As You Like It; Creating a Practice Plan You Will Enjoy**
Swami Vidyananda
DVD of Sri Gurudev
Kirtan with Narada and Anandi

THURSDAY December 31

- 6:30 – 7:30 Meditation
- 7:45 – 9:00 Hatha Yoga—Level 1 and Level II
Breakfast break
- 10 – 10:50 **The Taming of the Shrew:
Managing the Mind using Raja Yoga**
Rev. Rudra Schwartz
- 11 – 12:30 **Meditation Workshop:** Swami Asokananda
Lunch Break
- 3:15 – 4:15 **Measure For Measure:** Setting and Achieving Realistic Goals,
Swami Vidyananda
- 4:30 – 5:30 Restorative Yoga or Hatha Yoga
- 5:30 – 6:00 Gong Bath -- Lakshmi Scalise
Dinner Break
- 8:00 **The Year Ahead of Us,** Mazin Jamal
- 8:45 Tea break
- 9 – 9:45 Kirtan with Astrud Castillo
- 10:00 Hatha Yoga
- 10:45 Tea break
- 11 – 11:30 **Aim for the Stars!**
Swami Hamsananda
- 11:30 – 12 MAHAMRITYUNJAYA MANTRA – Chanting for peace and healing
- Midnight: 21 Affirmations and a toast to the new year, 2021!!

FRIDAY January 1 New Years Day 2021

- 7:15 – 7:45 START THE NEW YEAR WITH GAYATRI MANTRA
- 8 – 9:30 Hatha Yoga—Level 1 and Level II Leading into 20 minutes of meditation

Breakfast Break
11:00 –11:50 **Make Peace Your God**, Swami Ramananda
12:00 – 12:30 Meditation
Lunch break
3 - 4 PM **Q and A**, Rev. Paraman Barsel
4:00 Break
4:15 – 5:15 **Pranayama Workshop**
5:30 - 6:30 Hatha Yoga
6:00 Dinner Break
7:30 – 9:00 **21 health inspirations for 2021**
Dr. Amrita
DVD of Sri Gurudev
Kirtan and Meditation

SATURDAY January 2

6:30 – 7:20 Meditation
7:30 –9:00 Hatha Yoga—Level 1 and Level II
Breakfast Break
10 – 11 **All's Well That Ends Well**,
Swami Divyananda
11:00 - 12:15 Closing with group sharing and meditation