



Relax. Release. Let it go:
A Fall Retreat with H.I. Buffalo & Moondog Yoga
November 1-3, 2024

Featuring: Ishan Tigunait, Shari Friedrichsen and MaryGail Sovik

Friday, November 1

5:00 - 6:00 p.m.	Hatha Yoga Class* (optional)
6:00 p.m.	Prayers and Meditation <i>Sri Vidya Shrine</i> (optional)
6:00 - 7:00 p.m.	Dinner
7:15 p.m.	Orientation
7:30-8:45 p.m.	Presenter: Ishan Tigunait
10:00 p.m.	Silence Observed Until 7:30 a.m.

Saturday, November 2

6:00 a.m.	Prayers and Meditation <i>Sri Vidya Shrine</i> (optional)
7:00 a.m.	Hatha Yoga Class* (optional)
7:30 - 8:30 a.m.	Breakfast
10:00 - 11:30 a.m.	Presenter: Shari Friedrichsen
12:30 - 1:30 p.m.	Lunch
1:30 - 4:00 p.m.	Free Time Group Walk Therapeutic Services
4:00 - 5:00 p.m.	Shakti Circle (Group Discussion) with Mary Gail Sovik
6:00 - 7:00 p.m.	Dinner
7:15 - 9:00 p.m.	MOKA Origins® - Private Party. Tour and Tasting
10:00 p.m.	Silence Observed Until 7:30 a.m.

Sunday, November 3

6:00 a.m.	Prayers and Meditation <i>Sri Vidya Shrine</i> (optional)
7:00 a.m.	Hatha Yoga Class* (optional)
7:30 - 8:30 a.m.	Breakfast
10:00 - 11:30 a.m.	Presenter: Shari Friedrichsen
12:30 p.m.	Checkout
12:30 - 1:30 p.m.	Lunch. Depart.

This is a sample schedule. Presentation times may change slightly.
The Sri Vidya Shrine hours: 3:00 a.m. to 12:45 p.m. & 3:00 p.m. to 12:00 a.m.