



Pocono Getaway Weekend with HIBuffalo (HONESDALE, PA) October 21–23, 2022

FEATURING: Ishan Tigunait, Rolf & Mary Gail Sovik

Friday, 10.21

5:00 p.m.	Hatha yoga class Optional
6:00 p.m.	Prayers and meditation Sri Vidya Shrine Optional
6:00 - 7:00 p.m.	Dinner
7:15 p.m.	Orientation
7:30 - 8:45 p.m.	The Illuminated Mind — The Practice of Vishoka Meditation Ishan Tigunait
8:45 p.m.	Group Meditation in Sri Vidya Shrine Optional
10:00 p.m.	Silence observed until 7:30 a.m.

Saturday, 10.22

6:00 a.m.	Prayers and meditation Sri Vidya Shrine Optional
7:00 a.m.	Hatha yoga class Optional
7:30 - 8:30 am.	Breakfast
11:00 a.m. – 12:15 p.m.	Lessons from the Bhavagad Gita and Guided Meditation Rolf Sovik, PsyD
12:30 - 1:30 p.m.	Lunch
12:30 - 12:45 p.m.	Sri Sukta Recitation Sri Vidya Shrine Optional
2:00 p.m.	MOKA Chocolate & Coffee Tour MOKA Origins Factory Optional
3:00 p.m.	Free Time (Wellness Center Appointment, Campus Walk/Hike)
5:00 p.m.	Hatha yoga class Optional
6:00 - 7:00 p.m.	Dinner
7:15 - 8:30 p.m.	Campfire Townsquare
10:00 p.m.	Silence observed until 7:30 a.m.

Sunday, 10.23

6:00 a.m.	Prayers and meditation Sri Vidya Shrine Optional
7:00 a.m.	Hatha yoga class Optional
7:30 - 8:30 a.m.	Breakfast
9:00 - 10:00 a.m.	Chai & Chat—Living Your Yoga (or at least trying to!) Mary Gail Sovik, Jackie & others
10:00 a.m. - 12:30 p.m.	Free Time (Wellness Center Appointment, Campus Walk/Hike)
12:30 - 12:45 p.m.	Sri Sukta Recitation Sri Vidya Shrine Optional
12:30pm - 1:30 p.m.	Lunch
1:30 p.m.	Checkout

(Schedule subject to change)

**The Sri Vidya Shrine is open from 5:30 a.m. – 12:00 p.m. & 3:00 p.m. – 9:00 p.m.*