## WEEKLY RETREAT PROGRAM | FEBRUARY 20 TO FEBRUARY 26, 2023

Monday, 20 Februa	arv						
		Tuesday, 21 Februa	ary	Wednesday, 22 Fel	bruary	Thursday, 23 Febr	uary
7:00 am to 10:00 am	<b>Hike to Santala Devi*</b> Kila	6:00 am to 7:30 am	Walk to Sakya Monastery*	6:30 am to 8:00 am	<b>Chef's Run*</b> Kila	7:00 am to 10:00 am	<b>Hike to Gulab Singh*</b> Kila
7:30 am to 8:10 am	<b>Pratah Yoga Beginners Hathayoga</b> The Bodhi Tree	7:30 am to 8:10 am	Kila <b>Pratah Yoga</b> <b>Beginners Hathayoga</b> The Bodhi Tree	7:30 am to 8:10 am	<b>Pratah Yoga Beginners Hathayoga</b> The Bodhi Tree	7:30 am to 8:10 am	<b>Pratah Yoga Beginners Hathayoga</b> The Bodhi Tree
8:00 am to 8:45 am	<b>Power Walk</b> Gymnasium	8:20 am to 9:00 am	Pratah Yoga Intermediate	8:20 am to 9:00 am	Pratah Yoga Intermediate Hathayoga	8:20 am to 9:00 am	Pratah Yoga Intermediate Hathayoga
8:20 am to 9:00 am	Pratah Yoga Intermediate Hathayoga The Bodhi Tree	10:00 am to 10:45 am	Hathayoga The Bodhi Tree Body Weight Circuit	9:15 am to 10:00 am	The Bodhi Tree Gom Meditation Cave	9:15 am to 10:00 am	The Bodhi Tree Shamatha Meditation Cave
10:30 am to 11:15 am	Aqua Moves* Indoor Pool	10.00 um 10 10.43 um	<b>Training</b> Gymnasium	10:00 am to 11:00 am	Nature Walk at Vana Kila	10:30 am to 11:15 am	<b>Aqua Moves*</b> Indoor Pool
11:00 am to 11:45 am	Madhyan Dhyan Yoga Om Mantra Meditation	10:00 am to 11:00 am	<b>Losar Puja</b> Temple	11:00 am to 11:30 am	<b>Core Stability</b> * Gymnasium	11:00 am to 11:45 am	Madhyan Dhyan Yog Trataka Meditation
12:00 noon to 12:30 pm		11:00 am to 11:45 am	<b>Madhyan Dhyan Yoga</b> T <b>rataka Meditation</b> Cave	11:00 am to 11:45 am	Madhyan Dhyan Yoga Om Mantra Meditation	12:00 noon to 1:00 pm	Cave Cuisine Lesson*
0.00	<b>'Home Remedy'</b> Salana	12:00 noon to 12:45 pm	Lesson on Vana Beverges *	12:00 noon to 12:30 pm		2.00 4.2.45	<b>'Ayurveda'</b> Salana
2:00 pm to 2:45 pm	Prajna - Yoga Nidra withdrawal of senses with awareness The Bodhi Tree	2:00 pm to 2:45 pm	Salana Prajna - Yoga Nidra withdrawal of senses	2:00 pm to 2:45 pm	Body Scrub Alchemy Bar Prajna - Yoga Nidra	2:00 pm to 2:45 pm	Prajna - Yoga Nidra withdrawal of senses with awareness The Bodhi Tree
3:30 pm to 4:00 pm	Raag Therapy 'Relaxation'		with awareness The Bodhi Tree		withdrawal of senses with awareness The Bodhi Tree	3:30 pm to 4:00 pm	Raag Therapy 'Enthusiasm'
4:00 pm to 5:00 pm	The Bodhi Tree <b>Swaranjali</b> Kila	3:00 pm to 3:30 pm	Best Out of Waste* Craft Activity Kila Terrace	2:45 pm to 3:15 pm	Walking Meditation Yogasala Orchard	5:00 pm to 5:45 pm	The Bodhi Tree Sandhya Yoga Breathing   Relaxatio
5:00 pm to 5:45 pm	Sandhya Yoga Breathing   Relaxation	3:00 pm to 9:00 pm	<b>Private Rishikesh Arti*</b> Kila	3:30 pm to 4:00 pm	<b>Raag Therapy</b> <b>'Energy'</b> The Bodhi Tree	6:00 pm to 7:00 pm	Talk - Natural
5:45 pm to 6:00 pm	The Bodhi Tree Rishikesh Aarti	3:30 pm to 4:00 pm	Raag Therapy 'Nourishment' The Bodhi Tree	4:30 pm to 5:00 pm	<b>Flute Recital</b> Kila	. '	Alignment Sketchbook 1
6.00 mus to 7.00 m	Introduction The Bodhi Tree	5:00 pm to 5:45 pm	Sandhya Yoga Breathing   Relaxation	5:00 pm to 5:45 pm	Sandhya Yoga Breathing   Relaxation		
6:00 pm to 7:00 pm	<b>Talk - The Yogasutra of</b> <b>Patanjali</b> Sketchbook 1	6:00 pm to 7:00 pm	The Bodhi Tree Talk - The Wisdom of Ayurveda	6:00 pm to 7:00 pm	The Bodhi Tree <b>Talk - Wheel of Life</b> Sketchbook 1		
Friday, 24 February	7	Saturday, 25 Febru	Sketchbook 1				
		Outdiddy, 20 I COId	ary	Sunday, 26 Febru	lary		
	<b>Hike to Barlowganj*</b> Kila	7:30 am to 8:10 am	Pratah Yoga Beginners Hathayoga The Bodhi Tree	Sunday, 26 Febru 7:00 am to 12:00 noon	ary Private Hike to Jabarkhet Nature Reserve Kila	*	
	Hike to Barlowganj*		Pratah Yoga Beginners Hathayoga The Bodhi Tree Pratah Yoga Intermediate Hathayoga		Private Hike to Jabarkhet Nature Reserve Kila Pratah Yoga Beginners Hathayoga	*	
7:30 am to 8:10 am 3:00 am to 8:45 am	Hike to Barlowganj* Kila Pratah Yoga Beginners Hathayoga The Bodhi Tree Power Walk Gymnasium	7:30 am to 8:10 am	Pratah Yoga Beginners Hathayoga The Bodhi Tree Pratah Yoga	7:00 am to 12:00 noon	Private Hike to Jabarkhet Nature Reserve Kila Pratah Yoga	*	
7:30 am to 8:10 am 8:00 am to 8:45 am	Hike to Barlowganj* Kila Pratah Yoga Beginners Hathayoga The Bodhi Tree Power Walk	7:30 am to 8:10 am 8:20 am to 9:00 am	<ul> <li>Pratah Yoga</li> <li>Beginners Hathayoga</li> <li>The Bodhi Tree</li> <li>Pratah Yoga</li> <li>Intermediate Hathayoga</li> <li>The Bodhi Tree</li> <li>Body Weight Circuit</li> <li>Training</li> <li>Gymnasium</li> <li>Madhyan Dhyan Yoga</li> </ul>	7:00 am to 12:00 noon 7:30 am to 8:10 am	<ul> <li>Private Hike to Jabarkhet Nature Reserve Kila</li> <li>Pratah Yoga Beginners Hathayoga The Bodhi Tree</li> <li>Walk in Vana Gardens Kila</li> <li>Pratah Yoga Intermediate Hathayoga</li> </ul>	*	
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7:30 am to 8:10 am 8:00 am to 8:45 am 7:20 am to 9:00 am 9:15 am to 10:00 am 0:00 am to 11:00 am 1:00 am to 11:30 am 1:00 am to 11:45 am	Hike to Barlowganj* KilaPratah Yoga Beginners Hathayoga The Bodhi TreePower Walk GymnasiumPratah Yoga Intermediate Hathayoga The Bodhi TreeGom Meditation CaveSustainability Tour* KilaMindful Tea* Kila TerraceMadhyan Dhyan Yoga Om Mantra Meditation	7:30 am to 8:10 am 8:20 am to 9:00 am 10:00 am to 10:45 am 11:00 am to 11:45 am 12:00 noon to 1:00 pm 2:00 pm to 2:45 pm	<ul> <li>Pratah Yoga Beginners Hathayoga The Bodhi Tree</li> <li>Pratah Yoga Intermediate Hathayoga The Bodhi Tree</li> <li>Body Weight Circuit Training Gymnasium</li> <li>Madhyan Dhyan Yoga Trataka Meditation Cave</li> <li>Cuisine Lesson* 'Nutrition' Salana</li> <li>Prajna - Yoga Nidra withdrawal of senses with awareness The Bodhi Tree</li> <li>Raag Therapy 'Purity' The Bodhi Tree</li> <li>Surmandal Recital</li> </ul>	7:00 am to 12:00 noon 7:30 am to 8:10 am 8:00 am to 9:00 am 8:20 am to 9:00 am 10:15 am to 10:45 am 11:00 am to 11:45 am	Private Hike to         Jabarkhet Nature Reserve         Kila         Pratah Yoga         Beginners Hathayoga         The Bodhi Tree         Walk in Vana Gardens         Kila         Pratah Yoga         Intermediate Hathayoga         The Bodhi Tree         Core Stability*         Gymnasium         Madhyan Dhyan Yoga         Om Mantra Meditation         Cave         *         Apothecary Lesson*         'Home Remedy'	*	
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