

## Holistic Recovery Retreat Itinerary

### Friday, March 27

#### Arrive

4:45 - 5:45 p.m.

Hatha yoga class - Public Class taught by HI instructors  
Prayers and meditation | Sri Vidya Shrine

6:00 p.m.

6:00 – 7:00 p.m.

Dinner

#### 7:30PM

**Coming Home** : introductions, claiming your intention (Sage Rm)

10:00 p.m.

Silence observed until 7:30 a.m.

### Saturday, March 28

6:00 a.m.

Prayers and meditation | Sri Vidya Shrine

7:00 a.m.

Hatha yoga class - Public class taught by HI instructors

7:30 – 8:30 a.m.

Breakfast

10:00 a.m.

MOKA Chocolate & Coffee Tour

#### 9AM

#### Hastings

#### 11AM

**Trauma Sensitive Yoga Class (sage room) taught by Blakey**

**Journey into your Sanctuary:** Acceptance, Surrender, self-inquiry, and claiming a new way to live.

12:30 – 1:30 p.m.

Lunch

#### 1:30

**Connecting to movement and nature: Hike**

2:00 p.m.

MOKA Chocolate & Coffee Tour

#### 3PM

6:00 p.m.

**Holistic Care: Unifying Body, mind and Spirit**

Prayers and meditation | Sri Vidya Shrine

6:00 – 7:00 p.m.

Dinner

#### 7:30PM

**Restorative Yoga (Sage Room, taught by Chelsea Leopuld) with Crystal Bowl meditation**

10:00 p.m.

Silence observed until 7:30 a.m.

### Sunday, March 29

6:00 a.m.

Prayers and meditation | Sri Vidya Shrine

7:00 a.m.

Hatha yoga class - public class taught by HI instructors

7:30 – 8:30 a.m.

Breakfast

#### 9AM

**Active flow yoga class taught by Chelsea Leopuld- Digesting the Weekend**

10:30AM

#### 12PM

12:30 – 1:30 p.m.

**Keys to fulfillment : The Pillars of your inner sanctuary**

**Closing Meditation**

#### Depart

Lunch