

Friday, June 2, 2023

5:00pm	Dinner at Sorrento Centre	
6:45pm-7:00pm	<i>Welcome by SOYA</i>	[0.25 hrs]
7:00pm-8:00pm	Opening Ritual	
	Sanskrit Chanting	
	Guided Meditation	
	Intention Setting	
	5-10 mins Breath/Stretch Break	[1.0 hrs]
8:00pm-9:30pm	Live Storytelling	
	Wisdom Teachings	
	Discussion	[1.5 hrs]
	<ul style="list-style-type: none">• <i>The Power of Yoga in Action</i> (Perfection Pose, p. 10-13)• <i>The Power of Yoga to Ground</i> (Mountain Pose, p. 22-25)• <i>Yoga's Power to Neutralize Poison</i> (Cobra Pose, p. 39-41)	

Saturday, June 3, 2023

6:30am-7:45am	<i>Asana by SOYA Faculty</i>	[1.25 hrs]
8:00am	Breakfast	
9:30am-10:30am	Pranayama	
	Sanskrit Mantra	
	Guided Meditation	
	Group Check In	[1.0 hrs]
	5-10 mins Breath/Stretch Break	
10:30am-12:00pm	Live Storytelling	
	Wisdom Teachings	
	Discussion	[1.5 hrs]
	<ul style="list-style-type: none">• <i>Yoga and the Power of Devotion</i> (Reverence Pose, p. 137-139)• <i>Yoga as Connection between Heaven and Earth</i> (Tree Pose, p. 160-163)	
12:30pm	Lunch	
2:00pm-3:00pm	Lecture: <i>Visions of Yoga for the Modern Globe</i>	
	Discussion	
	5-10 mins Breath/Stretch Break	[1.0 hrs]
3:00pm-4:00pm	Live Storytelling	
	Wisdom Teachings	
	Discussion	[1.0 hrs]
	<ul style="list-style-type: none">• <i>Yoga and the Sacred Spine</i> (Thunderbolt Pose, p. 168-171)• <i>Yoga and Righteous Wrath</i> (Yogic Staff Pose, p. 173-175)	
4:15pm-5:00pm	<i>Asana by SOYA Faculty</i>	[0.75 hrs]
5:30pm	Dinner	
7:00pm-8:30pm	Satsangh: The <i>Bhagavad Gītā's</i> Yogic Vision	[1.5 hrs]
	<ul style="list-style-type: none">• <i>Yoga and Divine Play</i> (Child Pose, p. 81-83)• <i>Yoga and the Aims of Life</i> (Archer Pose, p. 156-159)	

Sunday, June 3, 2023

6:30am-7:45am	<i>Morning Asana by SOYA Faculty</i>	[1.25 hrs]
8:00am	Breakfast	
9:30am-10:30am	Pranayama	
	Sanskrit Mantra	
	Guided Meditation	
	Group Check In	
	5-10 mins Breath/Stretch Break	[1.0 hrs]
10:30am-12:00pm	Live Storytelling	
	Wisdom Teachings	
	Discussion	
	Parting Wisdom	[1.5 hrs]
	<ul style="list-style-type: none">• <i>Yoga and Transcending Limitations</i> (Monkey Pose, p.77-79)• <i>Yoga as Sacred Stillness</i> (Corpse Pose, p. 47-49)• <i>Yoga and the Quest for Perfect Knowledge</i> (Bharadvaja Pose, p.214-217)	
12:00pm-12:30pm	<i>Closing Arati led by Mugs.</i>	[0.5hrs]
12:30pm	FINAL LUNCH at Sorrento Centre	
2:00pm	Departure	