

# A Weekend Within Sample Schedule



## Friday

9:30 a.m.  
10:30 a.m.  
12:00 noon  
2:00 – 4:30 p.m.  
4:30 – 6:30 p.m.  
7:00 – 8:30 p.m.

Check-in  
*Primordial Sound Meditation* class  
Lunch (on your own)  
Yoga, group meditation, and personal instruction sessions  
Dinner (on your own)  
General session

## Saturday

7:00 a.m.  
9:00 a.m.  
12:30 p.m.  
2:00 p.m.  
6:00 p.m.  
Evening

*Seven Spiritual Laws of Yoga* class  
Introduction, general session, and group meditation  
Ayurvedic lunch  
General session and group meditation  
Ayurvedic dinner  
Various lectures and activities

## Sunday

7:00 a.m.  
9:00 a.m.  
12:00 noon  
1:00 – 3:00 p.m.

*Seven Spiritual Laws of Yoga* class  
General session and group meditation  
Ayurvedic lunch  
General session and closing ceremony

\*Breakfast is on your own Saturday and Sunday morning (time is allotted for this)



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While the schedule at each event varies, this schedule will give you a good sense of the flow of activities, sessions, meals, and meditations at *A Weekend Within*.

\*This sample schedule is subject to change without notice.