

# Coming Home To Your Body

## An Empowering Retreat For Women

April 24-26, 2026

Seminar Room

With  
**Sarah Martyn**

### Beyond Asana: The Nourishment of Inner Yoga

*Please note- this is a sample schedule and is subject to change (and please know- this is YOUR retreat! Maybe you're up for 6:00 am prayers...maybe you're sleeping in. Take what nourishes you)*

October 2, 2026

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#### Friday, October 2, 2026

5:00 - 6:00 pm	Hatha Yoga Class*
6:00 pm	Prayers & Meditation   <i>Sri Vidya Shrine</i>
6:00 - 7:00 pm	Dinner
<b>7:15 - 7:30 pm</b>	<b>HI Orientation</b>
<b>7:30 - 9:00 pm</b>	<b>Welcome, Intention Setting, &amp; Guided Rest</b>
10:00 pm	Silence Observed Until 7:30 am

#### Saturday, October 3, 2026

6:00 am	Prayers & Meditation   <i>Sri Vidya Shrine</i>
7:00 am	Hatha Yoga Class*
7:30 - 8:30 am	Breakfast
<b>9:00 am-12:00 pm</b>	<b>Inner yoga practicum (lecture and practice- may include breath, meditation, philosophy, guided rest)</b>
12:30 pm	Sri Sukta Recitation   <i>Sri Vidya Shrine</i>
12:30 - 1:30 pm	Lunch
<b>1:00 - 3:00 pm</b>	<b>Free Time</b>
2:00 pm	MOKA Chocolate & Coffee Tour   <i>MOKA Origins</i>
<b>3:00 - 5:00 pm</b>	<b>Yoga Sutras of Patanjali and the Himalayan Tradition</b> with HI staff

*\*Please see the Hatha Yoga schedule posted on bulletin boards for weekly class schedule & locations.*

**Sri Vidya Shrine** *Open: 3AM-12:45PM & 3PM-Midnight Closed: Midnight-3AM & 12:45-3 PM*

**Garbha Griha** *Open for Darshan: 6:15-8AM & 5-5:55PM*

**Door Codes** Main Building: **8541** Shrine: **8541#**

*Visit Guest Services for any rooming needs! For after-hours help, call 570-216-8249*

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6:00 pm	Prayers & Meditation   <i>Sri Vidya Shrine</i>
6:00 - 7:00 pm	Dinner
<b>7:30 - 9:00 pm</b>	<b>Bonfire (location TBD)</b>
10:00 pm	Silence Observed Until 7:30 am

### Sunday, October 4, 2026

6:00 am	Prayers & Meditation   <i>Sri Vidya Shrine</i>
7:00 am	Hatha Yoga Class*
7:30 - 8:30 am	Breakfast
<b>9:30 am - 12:00 pm</b>	<b>Inner yoga practicum</b>
<b>12:30 pm</b>	<b>Checkout for 3 day participants</b>
12:30 pm	Sri Sukta Recitation   <i>Sri Vidya Shrine</i>
12:30 - 1:30 pm	Lunch

### Extended immersion begins for 5 day attendees

<b>2:00-3:00 pm</b>	<b>Walking meditation on hiking trail (weather permitting)</b>
<b>3:30 - 5:00 pm</b>	<b>Introduction to Ayurveda- the sister science of yoga</b>
<b>5:45 - 6:00 pm</b>	<b>Group meditation in Sri Vidya Shrine</b>
6:00 pm	Prayers & Meditation   <i>Sri Vidya Shrine</i>
6:00 - 7:00 pm	Dinner
<b>7:30 - 8:30 pm</b>	<b>Restorative yoga and guided deep rest</b>
10:00 pm	Silence Observed Until 7:30 am

### Monday, October 5, 2026

6:00 am	Prayers & Meditation   <i>Sri Vidya Shrine</i>
7:30 - 8:30 am	Breakfast
<b>9:30 am-12:00 pm</b> <b>through the weekend)</b>	<b>Inner yoga practicum (will build off what we've learned/practiced</b>
12:30 pm	Sri Sukta Recitation   <i>Sri Vidya Shrine</i>
12:30 - 1:30 pm	Lunch
<b>1:30 - 4:00 pm</b>	<b>Free time (hiking, sessions in wellness center, or maybe a nap!)</b>
<b>4:00-5:30 pm</b>	<b>Final group yoga practice- let's bring it all together</b>

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6:00 pm	Prayers & Meditation   <i>Sri Vidya Shrine</i>
6:00 - 7:00 pm	Dinner
<b>7:30 - 8:30 pm</b>	<b>Kirtan with HI residents</b>
10:00 pm	Silence Observed Until 7:30 am

### Tuesday, October 6, 2026

6:00 am	Prayers & Meditation   <i>Sri Vidya Shrine</i>
7:30 - 8:30 am	Breakfast
<b>8:30 am - 12:30 pm</b>	<b>Spacious morning- sleep in, personal yoga practice- lean into what your body and Self are asking for</b>
<b>12:30 pm</b>	<b>Checkout</b>
12:30 pm	Sri Sukta Recitation   <i>Sri Vidya Shrine</i>
12:30 - 1:30 pm	Lunch

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