

Sessions	Dates	Time (Pacific)
Session 1: The View — Hṛydaya Darśana & Hṛdayopāya Overview		
Workshop - Option One	November 17	10 am - 5 pm
Workshop - Option One	December 8	10 am - 5 pm
Hṛydaya Darśana Lessons	Jan 11, 18, 25	9:00 -10:30 am
	Feb 1	9:00 -10:30 am
Session 2: Ānavopāya		
Ānavopāya Lessons	February 2	11:00 am- 1:00pm
	February 16	“
	March 2	“
Ānavopāya — Vākya	March 9	“
Ānavopāya — Practice Period	March 10 - April 5	“
Ānavopāya — Q&A	April 6	“
Session 3: Śāktopāya		
Śāktopāya Lessons	May 4	11:00 am- 1:00pm
	May 18	“
	June 8	“
Śāktopāya — Vākya	June 22	“
Śāktopāya — Practice Period	June 23	“
Śāktopāya — Q&A	July 13	“
Kuṇḍalinī Śakti Immersion	August 2-13	Optional
Session 4: Śāmbhavopāya		
Śāmbhavopāya Lessons	August 17	11:00 am- 1:00pm
	August 31	“
	September 14	“
Śāmbhavopāya — Vākya		“
Śāmbhavopāya — Practice Period	September 29 – October 11	“
Śāmbhavopāya — Q&A	October 12	“
Session 5: Anupāya		
Session 5 — Anupāya Lessons	November 2	11:00 am- 1:00pm
— Practice Period is Throughout	November 16	“
The Lessons Dates	December 7	“
Anupāya — Q&A	December 14	“
Heart of Recognition Immersion	Jan 10-21, 2026	

