

Wisdom of Meditation Program Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 am				8:00 am Guided Meditation with Shikhaa via Zoom only (60 min)			Chakra Balancing & Pranayam with Shikhaa In person & via Zoom (50 min)
9:30 am				Somatic Movement with Mayank (75 min) In person & via Zoom			↓
10:00 am		Restorative Movement with Mayank (75 min) In person only		↓			Qigong with Mayank In person & via Zoom
11:00 am				Satsang with Shikhaa In person & via Zoom (75 min)			
1:30 pm						Living Wisdom Retreat 1 st Sat. of month 1:30 – 9:00 pm with Shikhaa & Mayank	
5:30 pm			Guided Meditation with Shikhaa In person & via Zoom (60 min)			↓	
8:00 pm	Satsang Online with Shikhaa via Zoom only (60 min)				Chanting & Meditation with Shikhaa & Mayank 3rd week of every month 8:00 – 9:00 pm (60 min)	Spirit of Kirtan 1 st Sat. of every month 7:30 – 9:00 pm with Shikhaa, Mayank & Laurie (90 min)	