

# 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)			Kriya Yoga 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		↓			Qigong with Mayank In person & via Zoom
11:00 am				Satsang with Shikhaa In person & via Zoom (75 min)			
1:00 pm						Living Wisdom Retreat 1 <sup>st</sup> Sat. of month 1:00 – 9:00 pm with Shikhaa & Mayank	
5:30 pm			Guided Meditation with Shikhaa In person & via Zoom (60 min)			↓	
6:00 pm		Yin Yoga with Jaya In Person (60 min)		Gentle Yoga Flow with Mayank In person (60 min)			
7:30 pm	Satsang Online with Shikhaa via Zoom only 8:00 pm (60 min)				Kirtan Meditation with Shikhaa & Mayank 3rd week of every month 7:30 – 9:00 pm (60 min)	Spirit of Kirtan 1 <sup>st</sup> Sat. of every month 7:30 – 9:00 pm with Shikhaa, Mayank & Laurie (90 min)	