

# Wisdom of Meditation Program Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 am							<b>Kriya Yoga</b> (Pranayam & Chakra Balancing) with Shikhaa, in person & via Zoom. (60 min)
9:30 am				<b>Somatic Movement</b> with Mayank, in person & via Zoom. (75 min) ↓			↓
10:00 am		<b>Restorative Movement</b> with Mayank, in person & via Zoom. (75 min)					<b>Qigong</b> 10:15 am with Mayank, in person & via Zoom. (60 min)
11:00 am				<b>Satsang</b> with Shikhaa, in person & via Zoom. (75 min)			
1:00 pm						<b>Living Wisdom Retreat</b> 1st Saturday of the month 1:00 – 9:00 pm with Shikhaa & Mayank	
2:00 pm	<b>Satsang Online</b> with Shikhaa, in person & via Zoom only. (60 min)						
5:30 pm			<b>Guided Meditation</b> with Shikhaa, in person. (60 min)				
6:00 pm		<b>Somatic Movement</b> with Mayank, in person & via Zoom. (60 min)		<b>Gentle Yoga Flow</b> with Mayank, In person & via Zoom. (60 min)			
7:30 pm							
8:00 pm	<b>Satsang Online</b> with Shikhaa, via Zoom only. (60 min)					<b>Spirit of Kirtan</b> 1st & 3rd Saturday of the month 7:30 – 9:00 pm with Shikhaa, Mayank & Laurie (90 min)	<b>Satsang Online</b> with Shikhaa, via Zoom only. (60 min)