

Wisdom of Meditation Program Calendar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 am							Pranic Awareness (Pranayam – breath work) with Shikhaa, in person & on Zoom. (60 min)
9:30 am				Somatic Movement with Mayank, in person & on Zoom. (75 min) ↓			↓
10:00 am		Restorative Movement with Mayank, in person only. (75 min)					Qigong 10:15 am with Mayank, in person & on Zoom. (60 min)
11:00 am				Satsang with Shikhaa, in person & on Zoom. (75 min)			
1:00 pm						Living Wisdom Retreat 1st Saturday of the month 1:00 – 9:00 pm with Shikhaa & Mayank ↓	
4:00 pm	Satsang Online with Shikhaa, in person & on Zoom. (60 min)						
5:30 pm			Guided Meditation with Shikhaa, in person & on Zoom. (60 min)				
6:00 pm		Somatic Movement with Mayank, in person & on Zoom. (60 min)		Gentle Yoga Flow with Mayank, In person & on Zoom. (60 min)			
7:30 pm						Spirit of Kirtan 1st Saturday of the month 7:30 – 9:00 pm Kirtan Meditation 3rd Saturday of the month 7:30 – 9:00 pm with Shikhaa, Mayank & Laurie	
8:00 pm							Satsang Online with Shikhaa, on Zoom only. (60 min)