

Hidden Valley Ashram Guest Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
:00 AM	Awake & Individual Meditation	Awake & Individual Meditation	Awake & Individual Meditation	Awake & Individual Meditation	Awake & Individual Meditation	Awake & Individual Meditation	Awake & Individual Meditation
:00 AM	EE's & Group	EE's & Group	EE's & Group	EE's & Group	EE's & Group	No AM Group	Breakfast* 7-7:30
:30 AM	Meditation 7-8 AM	Meditation 7-8 AM	Meditation 7-8 AM	Meditation 7-8 AM	Meditation 7-8 AM	Meditation	
00 AM	Breakfast Served	Breakfast Served	Breakfast Served	Breakfast Served	Breakfast Served	Breakfast*	
30 AM 00 AM 30 AM 00 AM 30 AM 00 AM 30 AM		Sevice	Study Time OR Open Schedule	Groun FF's & Meditation (Optional) 8:00-12:00 PM 20 Min Break at 10:00 AM			
00 PM				·			
	Individual Meditation 12-12:30	-	Individual Meditation 12-12:30	Individual Meditation 12-12:30	Individual Meditation 12-12:30		
0 PM 0 PM	unch Lunch Lunch Lunch Social Lunch					Lunch	
0 PM 0 PM 0 PM 0 PM	Service Opportunities OR Open Scheduled					Study Time OR Open Schedule	Study Time OR Open Schedule
0 PM	Dinner*	Dinner*	Dinner*	Dinner*	Dinner*		
0 PM 0 PM 0 PM	Exercise & Recreation Study Time					6:00-7:00 PM Group Class Fellowship Hall	
0 PM 0 PM 0 PM	Individual EE's & Silent Meditation 6:30-7:30 PM		Group EE's & 2 Hour Silent Meditation 6:30-8:30 PM	Group EE's & Silent Meditation 6:30-7:30 PM	OR Open Schedule	Study Time OR	
0 PM	Study Time Introspection			Study Time Introspection		Open Schedule	
0 PM	Individual Meditation		Individual Medita		Meditation	Individual Meditation	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TES	All Group Meditations are h * Food available in the Refe ** If desired, ashram servic		: e. Please inquire at the Fron	it Office.			Created Date 2023-OCT-0