



**Schedule for the *One-day Spiritual Deep Dive* retreat  
June 22, 2025, West Tisbury, MA**

- 6:30 AM:** Yoga class
- 7:30 AM:** Collective meditation
- 8:00:** Spiritual story
- 8:15:** Breakfast and free time
- 9:30:** Official opening circle/short ice breakers
- 10:00:** Morning workshop: *"Maintaining Inner & Outer Balance"*, with Dada Jyotiriishananda
- 11:30:** Free time
- 12:00 noon:** Introduction to Mantra Music
- 12:30 PM:** Guided meditation
- 1:00:** Lunch
- 2:00:** Free time/optional Mauna Vrata (cultivating silence)
- 2:30:** Afternoon workshop: *"Yoga Psychology: An Exploration of Vrttis & Cakras"* with Dada
- 4:00:** Free time: Optional swim, individual meditation instruction, beach walk, etc.
- 5:30:** Yoga Asana Class
- 6:30:** Mantra music
- 6:45:** Meditation
- 7:30:** Dinner
- 8:30:** Closing circle with an open-pit fire and music under the stars

*For those who would like to get a personal meditation technique via a one-on-one session, our team will also be available on Monday morning.*