

Hidden Valley Ashram — Guest Schedule

The normal day-to-day activities that guests are welcome to participate in while staying at Hidden Valley Ashram.

Monday & Tuesday

Before 7:00 AM	Awake & individual meditation
7:00 – 8:00 AM	Energization Exercises & group meditation
8:00 – 8:30 AM	Breakfast*
8:30 – 9:00 AM	Study time
9:00 AM – 12:30 PM	Service opportunities** / open schedule
12:30 – 1:00 PM	Individual meditation
1:00 – 1:30 PM	Lunch*
1:30 – 4:30 PM	Service opportunities** / open schedule
4:30 – 5:00 PM	Dinner*
5:00 – 6:30 PM	Exercise / recreation
6:30 – 7:30 PM	Individual Energization Exercises & silent meditation
8:00 PM onward	Study time / introspection / individual meditation

Wednesday

Before 7:00 AM	Awake & individual meditation
7:00 – 10:00 AM	Energization Exercises & group meditation 3 hours
10:30 AM – 12:00 PM	Study time / open schedule
12:30 – 1:00 PM	Individual meditation
1:00 – 1:30 PM	Lunch*
1:30 – 4:30 PM	Service opportunities** / open schedule
4:30 – 5:00 PM	Dinner*
5:00 – 6:30 PM	Exercise / recreation
6:30 – 7:30 PM	Energization Exercises & group meditation
8:00 PM onward	Study time / introspection / individual meditation

Thursday

Before 7:00 AM	Awake & individual meditation
7:00 – 8:00 AM	Energization Exercises & group meditation
8:00 – 8:30 AM	Breakfast*
8:30 – 9:00 AM	Study time
9:00 AM – 12:30 PM	Service opportunities** / open schedule
12:30 – 1:00 PM	Individual meditation
1:00 – 1:30 PM	Lunch*
1:30 – 4:30 PM	Service opportunities** / open schedule
4:30 – 5:00 PM	Dinner*
5:00 – 6:30 PM	Exercise / recreation
6:30 – 7:30 PM	Energization Exercises & group meditation
8:00 PM onward	Study time / introspection / individual meditation

Friday

Before 7:00 AM	Awake & individual meditation
7:00 – 8:00 AM	Energization Exercises & group meditation
8:00 – 8:30 AM	Breakfast*
8:30 – 9:00 AM	Study time
9:00 AM – 12:15 PM	Service opportunities** / open schedule
12:15 – 1:00 PM	Satsanga
1:00 – 1:30 PM	Social lunch*
1:30 – 4:30 PM	Service opportunities** / open schedule
4:30 – 5:00 PM	Dinner*
5:00 PM onward	Open schedule
6:00 PM	Inspirational video – Fellowship Hall

Saturday	
Before 7:00 AM	Awake & individual meditation
7:00 AM	No morning group meditation
8:00 – 8:30 AM	Breakfast*
8:30 AM – 1:00 PM	Study time / open schedule
1:00 – 1:30 PM	Lunch*
1:30 – 4:30 PM	Study time / open schedule
4:30 – 5:00 PM	Dinner*
5:00 – 6:00 PM	Study time / open schedule
6:00 PM	Group study class – Fellowship Hall
After class	Study time / introspection / individual meditation

Sunday	
Before 7:00 AM	Awake & individual meditation
7:00 – 7:30 AM	Breakfast*
8:00 – 11:00 AM	Energization Exercises & group meditation, with periodic chanting 3 hours
From 11:00 AM	Study time / open schedule
1:00 – 1:30 PM	Lunch*
4:30 – 5:00 PM	Dinner*

Notes

- All group meditations are held in the Main Chapel.
- * Meals are available in the Refectory (buffet).
- ** If desired, ashram service opportunities are available — please inquire at the Front Office.