



Sri Sukta Sadhana Immersion - Stage 2 & The Epitome of Sri Sukta Sadhana

with

Pandit Rajmani Tigunait, PhD

October 14th - 27th, 2023 | Auditorium

All times are Eastern Time

Saturday, October 14th

6:00 p.m.

Prayers and Meditation | *Sri Vidya Shrine*

6:00 - 7:00 p.m.

Dinner

7:15 p.m.

Orientation to the Himalayan Institute

7:30 - 8:30 p.m.

Program Orientation with Panditji

10:00 p.m.

Silence observed until 10:00 a.m.

Sunday, October 15th

6:00 a.m.

Prayers and Meditation | *Sri Vidya Shrine*

7:00 - 8:00 a.m.

Opening Ceremony | *Havan Kunda*

Practice Begins

7:30 - 8:30 a.m.

Breakfast

11:30 a.m.

Sri Sukta Recitation | *Adi Pitham*

12:30 - 1:30 p.m.

Lunch

6:00 p.m.

Prayers and Meditation | *Sri Vidya Shrine*

6:00 - 7:00 p.m.

Dinner

7:00 p.m.

Session #1 - The Gift of the Maha Sri Yaga: Basking in the Beauty and Joy of the Creator and Her Creation

10:00 p.m.

Silence observed until 10:00 a.m.

Monday, October 16th

6:00 a.m.

Prayers and Meditation | *Sri Vidya Shrine*

7:30 - 8:30 a.m.

Breakfast

9:30 a.m.

Pranic Awareness Practice #1

11:30 a.m.

Sri Sukta Recitation | *Adi Pitham*

12:30 - 1:30 p.m.

Lunch

4:00 p.m.

Chai Social | *Townsquare (weather permitting)*

6:00 p.m.

Prayers and Meditation | *Sri Vidya Shrine*

6:00 - 7:00 p.m.

Dinner

10:00 p.m.

Silence observed until 10:00 a.m.



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Tuesday, October 17th

6:00 a.m.	Prayers and Meditation <i>Sri Vidya Shrine</i>
7:30 - 8:30 a.m.	Breakfast
10:00 a.m.	Q&A Session - Sri Sukta Stage 2
11:30 a.m.	Sri Sukta Recitation <i>Adi Pitham</i>
12:30 - 1:30 p.m.	Lunch
6:00 p.m.	Prayers and Meditation <i>Sri Vidya Shrine</i>
6:00 - 7:00 p.m.	Dinner
7:00 p.m.	Session #2 - Sri Sukta: Its Place and Role in Attaining the Gift of Maha Sri Yaga
10:00 p.m.	Silence observed until 7:30 a.m.

Wednesday, October 18th

6:00 a.m.	Prayers and Meditation <i>Sri Vidya Shrine</i>
7:30 - 8:30 a.m.	Breakfast
11:30 a.m.	Sri Sukta Recitation <i>Adi Pitham</i>
12:30 - 1:30 p.m.	Lunch
6:00 p.m.	Prayers and Meditation <i>Sri Vidya Shrine</i>
6:00 - 7:00 p.m.	Dinner
7:00 p.m.	Session #3 - Creating a Safe and Stable World Within and Without: The Foundation for Maha Sri Yaga
10:00 p.m.	Silence observed until 10:00 a.m.

Thursday, October 19th

6:00 a.m.	Prayers and Meditation <i>Sri Vidya Shrine</i>
7:30 - 8:30 a.m.	Breakfast
9:30 a.m.	Pranic Awareness Practice #2
11:30 a.m.	Sri Sukta Recitation <i>Adi Pitham</i>
12:30 - 1:30 p.m.	Lunch
6:00 p.m.	Prayers and Meditation <i>Sri Vidya Shrine</i>
6:00 - 7:00 p.m.	Dinner
7:00 p.m.	Integration Session with Ishan Tigunait
10:00 p.m.	Silence observed until 10:00 a.m.



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Friday, October 20th

6:00 a.m.

Prayers and Meditation | *Sri Vidya Shrine*

7:30 - 8:30 a.m.

Breakfast

11:30 a.m.

Sri Sukta Recitation | *Adi Pitham*

12:30 - 1:30 p.m.

Lunch

6:00 p.m.

Prayers and Meditation | *Sri Vidya Shrine*

6:00 - 7:00 p.m.

Dinner

7:00 p.m.

Session #4 - The Practice for Awakening the Forces of Inner Safety and Stability: Rudra Yaga

10:00 p.m.

Silence observed until 10:00 a.m.

Saturday, October 21st

6:00 a.m.

Prayers and Meditation | *Sri Vidya Shrine*

7:30 - 8:30 a.m.

Breakfast

11:30 a.m.

Sri Sukta Recitation | *Adi Pitham*

12:30 - 1:30 p.m.

Lunch

4:00 p.m.

Chai Social | *Townsquare (weather permitting)*

6:00 p.m.

Prayers and Meditation | *Sri Vidya Shrine*

6:00 - 7:00 p.m.

Dinner

7:00 p.m.

Session #5 - Cultivating an Eye for Inner Beauty and Prosperity: Sri Chakra Sadhana

10:00 p.m.

Silence observed until 10:00 a.m.

Sunday, October 22nd

6:00 a.m.

Prayers and Meditation | *Sri Vidya Shrine*

7:30 - 8:30 a.m.

Breakfast

9:30 a.m.

Pranic Awareness Practice #3

11:30 a.m.

Sri Sukta Recitation | *Adi Pitham*

12:30 - 1:30 p.m.

Lunch

6:00 p.m.

Prayers and Meditation | *Sri Vidya Shrine*

6:00 - 7:00 p.m.

Dinner

10:00 p.m.

Silence observed until 10:00 a.m.



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Monday, October 23rd

6:00 a.m.

Prayers and Meditation | *Sri Vidya Shrine*

7:30 - 8:30 a.m.

Breakfast

11:30 a.m.

Sri Sukta Recitation | *Adi Pitham*

12:30 - 1:30 p.m.

Lunch

6:00 p.m.

Prayers and Meditation | *Sri Vidya Shrine*

6:00 - 7:00 p.m.

Dinner

7:00 p.m.

**Session #6 - Reinforcing the Power of Sri Chakra by
Invoking the 700 mantras of the Durga Saptashati**

10:00 p.m.

Silence observed until 10:00 a.m.

Tuesday, October 24th

6:00 a.m.

Prayers and Meditation | *Sri Vidya Shrine*

7:30 - 8:30 a.m.

Breakfast

11:30 a.m.

Sri Sukta Recitation | *Adi Pitham*

12:30 - 1:30 p.m.

Lunch

6:00 p.m.

Prayers and Meditation | *Sri Vidya Shrine*

6:00 - 7:00 p.m.

Dinner

7:00 p.m.

**Session #7 - The Culmination—Invoking All the
Shaktis of Sri Sukta and Requesting Their Purposeful
Presence in a Fully Consecrated Sri Chakra and Sacred Fire**

10:00 p.m.

Silence observed until 10:00 a.m.

Wednesday, October 25th

6:00 a.m.

Prayers and meditation | *Sri Vidya Shrine*

7:30 - 8:30 a.m.

Breakfast

9:30 a.m.

Pranic Awareness Practice #4

12:30 - 1:30 p.m.

Lunch

6:00 p.m.

Prayers and meditation | *Sri Vidya Shrine*

6:00 - 7:00 p.m.

Dinner

7:00 p.m.

Q&A Session - The Epitome of Sri Sukta Sadhana

10:00 p.m.

Silence observed until 10:00 a.m.



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Thursday, October 26th

6:00 a.m.

Prayers and meditation | *Sri Vidya Shrine*

7:30 - 8:30 a.m.

Breakfast

10:00 - 12:00 p.m.

Closing Ceremony Havan (Part I)

12:30 - 1:30 p.m.

Lunch

3:30 - 4:30 p.m.

Closing Ceremony Havan (Part II)

6:00 p.m.

Prayers and meditation | *Sri Vidya Shrine*

6:00 - 7:00 p.m.

Dinner

7:30 p.m.

Community Gathering | *Townsquare*

10:00 p.m.

Silence observed until 10:00 a.m.

Friday, October 27th

6:00 a.m.

Prayers and meditation | *Sri Vidya Shrine*

7:30 - 8:30 a.m.

Breakfast

11:00 a.m.

Closing Session

12:30 - 1:30 p.m.

Lunch

7:00 p.m.

**Session #8 - Maha Sri Yaga: Way to Assimilate and Emit
the Shaktis of Sri Sukta**