



# PROGRAM OF WEEKEND ACTIVITIES



## FRIDAY

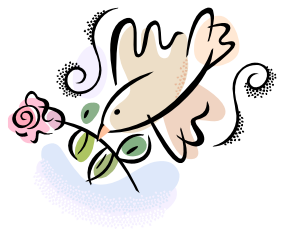
4–6 pm	Arrival
6:30 pm	Evening meal and free time
8:15–9 pm	Welcoming & group meditation
9–10 pm	Meditation room available for individual meditation

## SATURDAY

6 am	Meditation room available for individual meditation
7:30 am	Energization Exercises in courtyard
7:50 am	Group meditation
8:30 am	Breakfast and free time (Reading, resting, walking, meditation)
10:30 am	Morning tea (self-service in breakfast room)
11–12:15	Kirtan and group meditation
12:30 pm	Lunch followed by free time
3:30 pm	Energization Exercises in courtyard
3:50–5:50	Long meditation
6 pm	Evening meal and free time
7:30–9 pm	Film screening and group meditation
9–10 pm	Meditation room available for individual meditation

## SUNDAY

6 am	Meditation room available for individual meditation
7:30 am	Energization Exercises in courtyard
7:50 am	Group meditation
8:30 am	Breakfast and free time
10:30 am	Morning tea (self-service in breakfast room)
11–12 noon	Readings service
12 noon	Group photo at front entrance (for those departing after lunch)
12:30 pm	Lunch followed by free time (Departure after lunch for 2-day retreatants)





# CONTINUED PROGRAM FOR 3-DAY RETREATANTS



## SUNDAY

3:30 pm	Energization Exercises in courtyard
3:50–5:50	Long meditation
6 pm	Evening meal and free time
7:45–9 pm	Film screening & group meditation
9–10 pm	Meditation room available for individual meditation

## MONDAY

6 am	Meditation room available for individual meditation
7:30 am	Energization Exercises in courtyard
7:50 am	Group meditation
8:30 am	Breakfast and free time
10:30 am	Morning tea (self-service in breakfast room)
11:15 am	Story and group meditation
12:15 pm	Group photo in courtyard
12:30 pm	Lunch
1:30–4 pm	Free time/Departure



‘Though it is difficult when life presses you down, still if you make the effort with strong determination, you will triumph over every challenge.’

~ Paramahansa Yogananda (*Inner Reflections* 2011)

