

KRIYA RETREAT - Oct 2022

Friday, Oct 21

4:30 pm - Arrivals & Registration

5:30-6:30pm - Meditation

6:30-7:30pm - dinner (if you need dinner reserved due to arrival time, please request)

7:30 - 9:00pm Welcome Orientation and Kirtan

Saturday, Oct 22 (Silent Kriya Retreat Day)

7:00 am Wake up

7:30 - 11:00am - Full Sadhana (EE, Yoga, Chanting, Meditation)

11:00 - 12:00am - Brunch (In-Silence)

12:00-1:00pm - Satsang w Asha and Dambara

1:00 - 4:00pm - Silence: Free Time

4:30 - 5:00pm - Pre-Kriya Meditation

5:00 - 7:00pm - Kriya Initiation

7:15pm - Light Meal (In-Silence)

8:00pm - Open

Sunday, Oct 23

6:00 am Wake-up

6:30-8:30am EE, Kriya Review, Meditation

8:40-9:30 am Breakfast

10:00am – 12:00pm -Fire Ceremony + Purification in Chapel
- Sunday Service

12:00 - 2:00pm Kriya Banquet & Closing

2:00pm - Seva Clean & Pack up - Everyone

