



Ananda Kriyaban Retreat Dallas October 2023

Springhill Retreat Center

Friday, October 27

- 4:00pm Arrivals and Registration
- 5:00-5:30pm Meditation
- 6:00-6:45pm Dinner (if you need dinner reserved due to arrival time, please request)
- 7:00-8:30pm Welcome Orientation and Satsang

Saturday, October 28

Silent Retreat Day

- 7:00 -7:55am Yoga Energization (Conference Center)
- 8:00am Three-hour morning meditation (Chapel)
- 11:30am Brunch (Conference Center)
- 12:30-4:00pm Free Time
- 4:30-7:00pm 1st Kriya Ceremony, everyone attends (Chapel)
- 7:15pm Light Dinner in quiet (Conference Center)

Sunday, October 29

- 6:10am Energize (Chapel)
6:30-8:30am Kriya Review (Chapel)
9:00-9:30am Breakfast (Conference Center)
10:00am Fire Ceremony/Purification (Chapel)
10:30am Sunday Service (Chapel)
12:00pm Lunch Banquet (Conference Center)
2:30pm 2nd Kriya (Chapel)
4:15pm 3rd/4th Kriya (Chapel)
4:00pm Afternoon sadhana for all others (Conference Center)
6:00pm Dinner (Conference Center)
7:00pm Sunday eve program/ kirtan (Conference Center)

Monday, October 30

- 7:30am Energization/Yoga (Conference Center)
8:30-9:45am Meditation (Chapel)
10:00am Satsang with Pranaba: Integration of this path into daily life (Conference Center)
11am Brunch
Noon Closure "Go with Love"
12 -2:00pm Guru Seva (Everyone helps pack up and leave!)