



Retreat Schedule July 20 – 24, 2011

(Including Tuesday, July 19)

TUESDAY, JULY 19	WEDNESDAY, JULY 20	THURSDAY, JULY 21	FRIDAY, JULY 22	SATURDAY, JULY 23	SUNDAY, JULY 24
6:30-7:15A MEDITATION (M)	6:30-7:15A MEDITATION (M)	6:30-7:15A MEDITATION (M)	6:30-7:15A MEDITATION (M)	6:30-7:15A MEDITATION (M)	6:30-7:15A MEDITATION (M)
7:15A BREAKFAST	7:15A BREAKFAST	7:15A BREAKFAST	7:15A BREAKFAST	7:15A BREAKFAST	7:15A BREAKFAST
SEVA OPPORTUNITIES AVAILABLE ALL DAY	SEVA AVAILABLE AFTER BREAKFAST, BEFORE SWAMIJI'S TALK	8:00A RUDI PUJA (SH & M)	SEVA AVAILABLE AFTER BREAKFAST, BEFORE SWAMIJI'S TALK	SEVA AVAILABLE AFTER BREAKFAST, BEFORE SWAMIJI'S TALK	SEVA AVAILABLE AFTER BREAKFAST, BEFORE SWAMIJI'S TALK
8:15-9:30A HATHA YOGA (Y)	8:15-9:30A HATHA YOGA (Y)	8:30-9:30A HATHA YOGA (Y)	8:15-9:30A HATHA YOGA (Y)	8:15-9:30A HATHA YOGA (Y)	8:15-9:30A HATHA YOGA (Y)
9:30-10:30A HATHA YOGA (Y)	10:00-11:30A SWAMIJI'S TALK (M)	10:00-11:30A SWAMIJI'S TALK (M)	10:00-11:30A SWAMIJI'S TALK (M)	10:00-11:30A SWAMIJI'S TALK (M)	10:00A-12:30P SWAMIJI'S TALK & DARSHAN (M)
	11:30A-12:30P OPEN TIME/SEVA	11:30A-12:30P OPEN TIME/SEVA	11:30A-12:30P OPEN TIME/SEVA	11:30A-12:30P OPEN TIME/SEVA	
	12:30P LUNCH	12:30P LUNCH	12:30P LUNCH	12:30P LUNCH	LUNCH WILL BE SERVED AFTER DARSHAN
4:30-5:30P HATHA YOGA (Y)	1:30-3:30P SEVA	1:30-3:30P SEVA	1:30-4:30P SEVA/CONCERT SET-UP	1:30-3:30P SEVA	SEVA OPPORTUNITIES AVAILABLE ALL AFTERNOON
5:45-7:00P HATHA YOGA (Y)	4:00-5:30P CHÖD/PHOWA (M)	4:00-5:30P CHÖD/PHOWA (M)	4:00-5:30P HATHA YOGA (M)	4:00-5:30P CHÖD/PHOWA (M)	
6:00-6:45P RETREAT ORIENTATION (Y)	5:45-6:45P HATHA YOGA (Y)	5:45-6:45P HATHA YOGA (Y)	5:30P DINNER	5:45-6:45P HATHA YOGA (Y)	6:00-8:00P HAVAN
7:00-8:15P EYES-OPEN CLASS (M)	7:00-8:00P MEDITATION W/ SWAMIJI (M)	7:00-8:15P EYES-OPEN CLASS (M)	7:30PM ALAM KHAN CONCERT (M)	7:00-8:15P EYES-OPEN CLASS (M)	DINNER TIME TBA
DINNER	DINNER	DINNER	Your help with clean-up after the concert is greatly appreciated!	DINNER	

ALL RETREAT MEALS ARE SERVED IN THE DINING ROOM.

M = MEDITATION HALL Y = YOGA ROOMS (lower level under the meditation hall) L = LIVING ROOM SH = SHRINE

Saturday, July 16, 2011