

Summer Retreat with Swami Chetanananda

Schedule: July 23-28, 2019

TUESDAY, JULY 23

Feldenkrais Awareness through Movement® (yoga rooms)	5:45PM
Orientation to the Retreat (living room)	6:00PM
Evening program with Swamiji (meditation hall)	7:00PM

WEDNESDAY, JULY 24

Meditation & Sri Lalita Trishati (meditation hall)	6:30AM
Hatha Yoga (yoga classrooms)	8:30-9:30AM
Morning Talk by Swamiji (meditation hall)	10:00AM
Chöd (meditation hall)	4:00PM
Guided Relaxation (yoga classrooms)	5:45-6:20PM
Evening program with Swamiji (meditation hall)	7:00PM

THURSDAY, JULY 25 (Swamiji's birthday)

Meditation & Sri Lalita Trishati (meditation hall)	6:30AM
Rudi Puja (north courtyard at Rudi's shrine)	8:15AM
Hatha Yoga (yoga classrooms)	8:30-9:30AM
Morning Talk by Swamiji (meditation hall)	10:00AM
Long Life Puja (meditation hall)	3:00-4:30 PM
Guided Relaxation (yoga classrooms)	5:45-6:20PM
Evening program with Swamiji (meditation hall)	7:00PM

FRIDAY, JULY 26

Meditation & Sri Lalita Trishati (meditation hall)	6:30AM
Hatha Yoga (yoga classrooms)	8:30-9:30AM
Morning Talk by Swamiji (meditation hall)	10:00AM
Guided Relaxation (yoga classrooms)	5:45-6:20PM
Havan with Swamiji (south lawn havan kund)	7:00PM

SATURDAY, JULY 27

Meditation & Sri Lalita Trishati (meditation hall)	6:30AM
Hatha Yoga (yoga classrooms)	8:30-9:30AM
Morning Talk by Swamiji (meditation hall)	10:00AM
Chöd (meditation hall)	4:00 PM
Feldenkrais Awareness through Movement® (yoga rooms)	5:45-6:20PM
Evening program with Swamiji (meditation hall)	7:00PM

SUNDAY, JULY 28

Meditation & Sri Lalita Trishati (meditation hall)	6:30AM
Hatha Yoga (yoga classrooms)	8:30-9:30AM
Morning Talk by Swamiji (meditation hall)	10:00AM
*Darshan with Swamiji (meditation hall)	Follows his talk
The Retreat will end after darshan.	

MEALS – SERVED IN DINING ROOM ON MAIN FLOOR

BREAKFAST: Served Tuesday – Monday at 7:30 AM

LUNCH: Served Wednesday – Sunday at 12:30 PM

DINNER: Served Tuesday – Saturday after the evening program with Swamiji

PLEASE NOTE: Any tweaks, additions, or updates to the schedule will be communicated at morning announcements before the start of Swamiji's morning talks, in the meditation hall. ♥

*When greeting Swamiji in darshan, it's customary to make an offering to him according to your means.