

THE GODDESS & THE ŚRĪ CHAKRA PRACTICE

• April 25-28, 2019 • PROGRAM SCHEDULE

Wednesday, April 24th

6:00 pm	Retreat Orientation	Living Room
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Thursday April 25th

6:30 am	Morning Meditation with Swami Chetanananda	Meditation Hall
7:15 am	Lalitā Pūjā	Meditation Hall
7:30 am	Breakfast	Dining Room
8:00 am – 8:20 am	Guru Puja at Rudi’s Shrine	Rudi’s Shrine
8:30 am-9:30 am	Hatha Yoga	Yoga Studios Downstairs
10:00 am-12:00 pm	The Goddess & The Śrī Chakra Practice teaching by Swami Chetanananda	Meditation Hall
12:30 pm	Lunch	Dining Room
2:00 pm-3:30 pm	Creating a Traditional Śrī Chakra	Dining Room
6:00 pm	Introduction to Eyes-Open Meditation	Living Room
7:00 pm	Eyes-Open Energy Transmission of the Goddess with Swami Chetanananda	Meditation Hall

Friday April 26th

6:30 am	Morning Meditation with Swami Chetanananda	Meditation Hall
7:15 am	Lalitā Pūjā	Meditation Hall
7:30 am	Breakfast	Dining Room
8:30 am-9:30 am	Hatha Yoga	Yoga Studios Downstairs
10:00 am-12:00 pm	The Goddess & The Śrī Chakra Practice teaching by Swami Chetanananda	Meditation Hall
12:30 pm	Lunch	Dining Room
2:00 pm-3:00 pm	Mudras	Meditation Hall
3:00 pm-6:00 pm	Seva: Havan preparations fun!	South Lawn Tent
7:00 pm	Havan: Sacred Fire Ceremony	South Lawn Tent

Saturday April 27th

6:30 am	Morning Meditation with Swami Chetanananda	Meditation Hall
7:15 am	Lalitā Pūjā	Meditation Hall
7:30 am	Breakfast	Dining Room
8:30 am-9:30 am	Hatha Yoga	Yoga Studios Downstairs
10:00 am-12:00 pm	The Goddess & The Śrī Chakra Practice teaching by Swami Chetanananda	Meditation Hall
12:30 pm	Lunch	Dining Room
2:00 pm-3:30 pm	The Śrī Chakra Pūjā Sequence	Meditation Hall
6:00 pm	Introduction to Eyes-Open Meditation	Living Room
7:00 pm	Eyes-Open Energy Transmission of the Goddess with Swami Chetanananda	Meditation Hall

Sunday April 28th

6:30 am	Morning Meditation with Swami Chetanananda	Meditation Hall
7:15 am	Lalitā Pūjā	Meditation Hall
7:30 am	Breakfast	Dining Room
8:30 am-9:30 am	Hatha Yoga	Yoga Studios Downstairs
10:00 am-12:00 pm	The Goddess & The Śrī Chakra Practice teaching by Swami Chetanananda	Meditation Hall
12:30 pm	Lunch	Dining Room