



AUTUMN Retreat

FRIDAY 1ST NOVEMBER

15:00

Arrive, Settle In

16:00

Introduction to Meditation and Kiirtan

17:00

Choice of Activities

YOGA CLASS OR KIIRTAN

18:00

Evening Dharma Circle

CHANTING, MEDITATION, SPIRITUAL TALK

19:30

Dinner

20:30

Welcoming and Opening Circle

AUTHENTIC RELATING GAMES, KIIRTAN MUSICAL CHAIRS

21:30

Avarta Kiirtan

(KIIRTAN WITH 6 MELODIES IN 6 DIRECTIONS)

22:00

Sleep

Note: The event schedule and timings are subject to change. Please ensure you stay updated with any announcements related to the event.



AUTUMN Retreat

SATURDAY 2ND NOVEMBER

5:00

Paincajanya (Dawn Meditation)

5:30

Personal Meditation Practice Time

6:00

Morning Yoga

7:00

Morning Dharma Circle

CHANTING, MEDITATION, SPIRITUAL TALK

9:00

Breakfast

10:00

Morning Program 1

MAKING THE BEST USE OF MANTRA, CHAKRA AND VISUALISATION

11:00

Morning Program 2

HAIKU NATURE WALK

12:00

Midday Kiirtan and Meditation

13:00

Lunch

14:00

Free Time

15:00

Afternoon Program

LECTURE "HOW TO UNITE HUMAN SOCIETY"

6H AKHANDA KIIRTAN

19:00

Dinner

22:00

Short Meditation

22:30

Sleep



AUTUMN Retreat

SUNDAY 3RD NOVEMBER

5:00

Paincajanya (Dawn Meditation)

5:30

Personal Meditation Practice Time

6:00

Morning Yoga

7:00

Morning Dharma Circle

CHANTING, MEDITATION, SPIRITUAL TALK

9:00

Breakfast

10:00

Morning Program 1

THE SECRET OF THE DIVINE MIRROR: WHEN YOU LOOK IN THE MIRROR THE MIRROR CONFIRMS YOUR EXISTENCE. FIND OUT HOW THE COSMIC MIRROR PLAYS THE SAME ROLE

11:00

Morning Program 2

SADHANA SHIVIIR: 2 HOURS OF MEDITATION AND CHANTING ALTERNATING BETWEEN 20 MINUTES OF KIIRTAN AND 20 MINUTES OF MEDITATION

13:00

Closing Circle

13:00

Lunch

15:00

Relax and Departure