

# Retreat Schedule



## Day 1: Friday, July 29<sup>th</sup>

Time (PDT)	Program	Children's Program
11:00 am to 12:00 pm	Check in at the Registration desk	
12:00 pm to 1:00 pm	Lunch	
1:00 pm to 2:00 pm	Prayer, Aarti and Sadhana	Join main program
2:00 pm to 3:00 pm	Orientation & Discourse by Swamiji	Bal-Mukund
3:00 pm to 3:30 pm	Break	
3:30 pm to 4:20 pm	Sadhana & Meditation	Bal-Mukund/Youth
4:20 pm to 5:20 pm	Yogasans & Pranayam	Join main program
5:20 pm to 7:00 pm	Janmashtami celebrations + Q&A	Join main program
7:00 pm to 8:00 pm	Dinner	
8:00 pm to 9:00 pm	Lecture by Swamiji	Bal-Mukund
9:00 pm to 10:00 pm	Sadhana	Bal-Mukund/Youth
10:00 pm to 5:00 am	Lights Out (Sleep)	Lights Out (Sleep)

## Day 2: Saturday, July 30<sup>th</sup>

Time (PDT)	Program	Children's Program
6:00 am to 7:00 am	Yogasans & Subtle Body Relaxation	
7:00 am to 7:30 am	Prayer/Aarti/Radha Govind Chanting	
7:30 am to 8:30 am	Breakfast	
8:30 am to 9:30 am	Lecture by Swamiji	Bal-Mukund
9:30 am to 10:30 am	Sadhana	Bal-Mukund/Youth
10:30 am to 11:25 am	Bhajan Competition	Join main program
11:25 am to noon	Q&A Session	Join main program
12:00 pm to 2:00 pm	Lunch & Rest	
2:00 pm to 3:00 pm	Sadhana	Bal-Mukund/Youth

## Day 2: Saturday, July 30<sup>th</sup> (contd..)

Time (PDT)	Program	Children's Program
3:00 pm to 3:30 pm	Shree Maharajji's Video	Bal-Mukund/Youth
3:30 pm to 3:45 pm	Memorable Moments	Bal-Mukund/Youth
3:45 pm to 4:45 pm	Interactive Activity	
4:45 pm to 5:00 pm	Break	
5:00 pm to 7:00 pm	Parikrama + Q&A	Join main program
7:00 pm to 8:00 pm	Dinner	
8:00 pm to 9:00 pm	Lecture by Swamiji	Bal-Mukund
9:00 pm to 10:00 pm	Sadhana	Bal-Mukund/Youth
10:00 pm to 5:00 am	Lights Out (Sleep)	Lights Out (Sleep)

## Day 3: Sunday, July 31<sup>st</sup>

Time (PDT)	Program	Children's Program
6:00 am to 7:00 am	Yogasans & Subtle Body Relaxation	
7:00 am to 7:30 am	Prayer/Aarti/Radha Govind Chant	
7:30 am to 8:30 am	Breakfast & Checkout	
8:30 am to 9:00 am	Sadhana	Bal-Mukund/Youth
9:00 am to 10:00 am	Lecture by Swamiji	Bal-Mukund
10:00 am to 10:30 am	Maharajji's Charan Poojan & Bhajans	Join main program
10:30 am to 10:50 am	Bal-Mukund & Youth Club Awards	Join main program
10:50 am to 11:30 am	Testimonials	Join main program
11:30 am to 12:30 pm	Lunch & Checkout	

- Please sit with Sankirtan Madhuri and Sankirtan Sudha books for sadhana sessions
- It is recommended that you wear Radhey Shyami shawl
- Please participate in all sessions. ● Be on time for all the programs
- Please switch off your mobile while inside the sadhana hall