

Unexpected Beauty: The Hidden Value of Change and Transition

Friday, 23 September

4:00 - 6:00 pm Registration
6:00 - 7:00 Dinner
7:15 - 9:30 Orientation and Satsang (talk) by Sri Guruji
10:00 Lights out

Mouna (silence), a powerful tool to still and clear the mind, will be observed from the end of the evening programs until after lunch Saturday and Sunday.

Saturday, 24 September

5:30 am Wake up
6:15 - 7:00 Meditation
7:15 - 8:45 Hatha Yoga
8:45 - 9:30 Breakfast
9:45 - 11:30 *Cleansing: Detoxifying the Body thru Diet, Herbs and Asana*
11:45 - 12:15 Meditation
12:30 - 1:15 Lunch
1:30 - 3:45 Free time
4:00 - 5:45 *Adapt, Adjust, Accommodate:
The Life and Teachings of
Swami Sivananda Maharaj*
6:00 - 7:00 Dinner
7:30 - 9:30 Satsang by Sri Guruji
10:00 Lights out

Sunday, 25 September

5:30 am Wake up
6:15 - 7:00 Meditation
7:15 - 8:45 Hatha Yoga
8:45 - 9:30 Breakfast
9:45 - 11:30 Satsang by Sri Guruji
12:00 - 12:30 Meditation
12:30 Lunch
3:00 Check out