

FRASER VALLEY KRIYA RETREAT, VANCOUVER, BRITISH COLUMBIA, CANADA
 TENTATIVE PROGRAM SCHEDULE
 (Fri, Aug 30 – Sunday, Sep 01, 2013)

Friday, August 30, 2013

5:00 PM	Registration
6:00PM	Welcome and Introduction
7:00 PM	Questions & Answer
7:30 PM	Meditation
8:30 PM	Retire

***Opportunity should
not Be Missed or it
may never come back!***

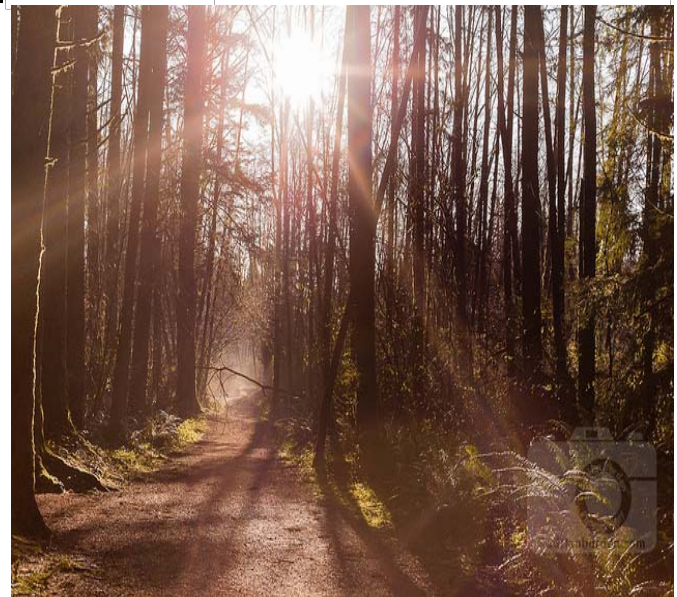


Saturday, August 31, 2013

6:30 AM	Silent Morning walk (Green Timbers Urban Forest) (optional)
7:15 AM	Meditation
9:00 AM	Breakfast(Oatmeal, fruits)
10:00AM	Class
11:30 AM	Self-Inquiry, Contemplation or sharing insights
12:30 PM	Guided Meditation
1:30 PM	Lunch (Pure Vegetarian)
3:00 PM	Self-study/reflections/rest
3:30PM	Class
5:00PM	Break
5:15PM	Questions & Answer
5:30 PM	Long Meditation
8:30 PM	.Retire

Sunday, September 01, 2013

6:30 AM	Silent Morning walk (Green Timbers Urban Forest)(optional)
7:15 AM	Meditation
9:00 AM	Breakfast(Oatmeal, fruits)
10:00AM	Class
11:30 AM	Self-Inquiry, Contemplation or sharing insights or Q&A
12:30 PM	Guided Meditation
1:30 PM	Lunch (Pure Vegetarian)
3:00 PM	Class
4:00 PM	Meditation
5:00 PM	Closing Ceremony
5:30 PM	Depart



Parking available at the backside of the building