

Memphis Kriya Yoga Center – St. Columba Retreat

Where

St. Columba Episcopal Center
[4595 Billy Maher Rd, Memphis, TN](#)

When

October 5th & 6th

Cost

Free to attend day programs, 30\$ if planning to stay at night (optional), if financial issues but wishing to stay at night, please contact me at balaji_m@yahoo.com or info@memphis.kriya.org.

Schedule

Saturday , October 5th	Sunday, October 6th
5:00 pm – 5:30 pm - Registration	7:00 am – 8:30 am - Meditation
5:30 - 6:30 pm - Meditation	8:30 am – 9:30 am - Breakfast
6:30 pm – 7:30 pm – Dinner	9:30 am – 11:00 am - Discourse
7:30 pm – 9:00 pm – Spiritual discourse by Swamiji, Narration of Swamiji’s experiences with realized masters, informal talks	11:15 am – 12:30 pm - Meditation
9:30 pm – Retire to bed	12:30 pm – 1:30 pm –Lunch
	1:30 pm – 3:30 pm – Break, Merging with nature - Walk around lake, hiking trails etc.
	3:30 pm – 5:00 pm – Discourse/ Q&A
	5:00 pm – 6:00 pm – Meditation
	6:00 pm – 7:00 pm – Dinner / Wrap

PLEASE RSVP

YES - Please state which parts, day or night or both or 5th and 6th or just one of the days.

MAYBE - Still planning

NO - Not able to attend this time

Email to: Balaji_m@yahoo.com or info@memphis.kriya.org

Phone: (901) 286 2325