

Texas Kriya Yoga Retreat Schedule

Friday November 06, 2015

02:00 PM – 02:45 PM	Check In
03:00 PM – 03:30 PM	Opening Ceremony
03:30 PM – 05:00 PM	Meditation
05:00 PM – 05:30 PM	Break (Snacks provided)
05:30 PM – 06:30 PM	Class
06:30 PM – 07:30 PM	Meditation
07:30 PM – 08:30 PM	Supper
08:30 PM – 09:30 PM	Q&A
09:30 PM	Retire

Saturday November 07, 2015

06:00 AM – 06:30 AM	Nature Walk (Optional)
06:30 AM – 08:30 AM	Meditation
08:30 AM – 09:30 AM	Breakfast
09:45 AM – 10:45 AM	Discourse
11:00 AM – 12:30 PM	Meditation
12:45 PM – 02:00 PM	Lunch
02:00 PM – 04:00 PM	Rest and Nature Walk
04:00 PM – 04:30 PM	Beverages
04:30 PM - 06:00 PM	Discourse
06:30 PM – 07:15 PM	Q&A
07:15PM – 08:15 PM	Meditation
08:15 PM – 09:15 PM	Supper
09:15 PM – 09:45 PM	Prayer and Evening Chants
09:45 PM	Retire

Sunday November 08, 2015

06:00 AM – 06:30 AM	Nature Walk (Optional)
06:30 AM – 08:30 AM	Meditation
08:30 AM – 09:30 AM	Breakfast
09:30 AM – 10:30 AM	Discourse
11:00 AM – 12:30 PM	Meditation
12:30 PM – 01:30 PM	Lunch
01:30 PM – 02:00 PM	Rest
02:00 PM – 02:30 PM	Fellowship w/Swami
02:30 PM – 03:00 PM	Closing Ceremony