



Program Schedule

East Coast Retreat - Sharpsburg, Maryland

August 26-28, 2016

All program activities will be held in the large meeting hall on the lower level of the main lodge building. The dining hall and access to guest rooms is on the main level. Parking is available in front of the building.

FRIDAY

10:30 am	Registration & Room Check-in / (Registration continues until 2:30 for long distance travelers)
11:15 am	Meditation for Friday morning arrivals
12:30 pm	Lunch (<i>sign-up for evening optional private meeting with Teacher at book table</i>)
2:30 pm	Opening Ceremony, Class/Divine Talk
4:00 pm	Break & Walk
4:30 pm	Meditation - full group in lower level meeting hall
6:00 pm	Dinner
7:30 pm	Opportunity for Private Meeting w/ Teachers Video Viewing from collection of Kriya Master's teachings
8:45 pm	Group Gathering
9:30 pm	Retire - (<i>observing silence begins</i>)

SATURDAY

**Observing Silence until 6pm*

5:30 am	Silent Walk (optional)
6:00 am	Meditation - full group in lower level meeting hall
8:00 am	Breakfast
8:30 am	Reflection / Walk (<i>sign-up for evening optional private meeting w/ Teacher at book table</i>)
9:00 am	Class / Divine Talk by Yogacharyas
10:15 am	Break
10:30 am	Meditation (1 st Kriya remain in lower level and 2 nd Kriya in assigned locations)
12:30 pm	Lunch
1:30 pm	Reflection / Walk / Rest / Browse Bookstore
2:45 pm	Class / Q & A
4:15 pm	Break
4:30 pm	Meditation (1 st and 2 nd Kriya in designated locations)
6:00 pm	Dinner (<i>silence ends</i>)
7:30 pm	Group Photo, Opportunity for Private Meeting w/ Teachers Video Viewing from collection of Kriya Master's teachings
8:45 pm	Group Gathering - Sharing Stories of Gurudev and Guruji
9:30 pm	Retire

SUNDAY

5:30 am	Silent Walk (optional)
6:00 am	Meditation - full group in lower level meeting hall
8:00 am	Breakfast
8:30 am	Reflection / Walk
9:00 am	Class / Divine Talk
10:15 am	Break
10:30 am	Meditation - full group in lower level meeting hall
12:00 pm	Closing Remarks & Prayers
12:30 am	Lunch
2:00 pm	Program Concludes - Guests Checkout

