

Foundation Day 2018 Schedule

Monday, September 24, 2018

5:30 – 6:00 yoga asanas
6:15 – 7:30 guided meditation
7:45 – 8:30 breakfast and clean up
8:30 – 10:30 property tour/small group discussions
10:45 – 12:00 guided meditation
12:15 – 1:30 lunch and clean up
1:30 – 3:30 registration, book store, seva
4:00 – 5:30 welcome
5:45 – 7:40 guided meditation and aarti (possible split of new initiates – guided meditation and technique review)
7:45 – 8:45 dinner and clean up
8:45 – 9:15 bhajans, devotional singing
9:15 retire

7:30 – 8:00 arrival
8:00 – 12:00 initiation
2:30 – 4:00 technique review

Tuesday, September 25, 2018

5:15 – 5:45 yoga asanas
6:00 – 7:00 guided meditation
7:15 – 8:00 breakfast and clean up
8:30 – 12:00 puja, homa, guided meditation
12:30 – 1:30 lunch and clean up
1:30 – 3:00 book store, registration, seva
3:00 – 4:00 tree planting
4:00 – 4:30 Informal singing and sharing
4:30 – 4:45 break
4:45 – 5:45 discourse
6:00 – 7:30 guided meditation and aarti
7:45 – 8:30 dinner and clean up
8:45 – 9:15 bhajans
9:15 retire

Wednesday, September 26, 2018 – Mahasamadhi Day of Lahiri Mahasaya

5:30 – 6:00 yoga asanas
6:15 – 7:30 guided meditation
7:45 – 8:30 breakfast and clean up
8:30 – 9:30 seva
9:30 – 10:30 small group discussions
10:45 – 12:00 guided meditation
12:15 – 1:30 lunch and clean up
1:30 – 3:30 registration, book sales, seva
3:00 – 4:00 cow time
4:00 – 4:30 small group sharing in big group
4:30 – 5:30 (closing) discourse
5:45 – 7:40 guided meditation and aarti
7:45 – 8:45 dinner and clean up
8:45 – 9:15 bhajans
9:15 retire