



East Coast Retreat - Sharpsburg, Maryland, August 23-25, 2019

Practical Spirituality in Daily Life
Applying the teachings of the Kriya Yoga Masters

Program Schedule

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
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	Video Viewing from collection of Kriya Master's teachings
8:45 pm	Intro to "Observing Silence"
9:30 pm	Retire - (<i>observing silence begins</i>)

SATURDAY - IN 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 & 2 nd Kriya in designated locations)
12:30 pm	Lunch
1:30 pm	Reflection, Walk, Rest, Browse Bookstore, Submit Questions to Q&A box
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 - (1 st and 2 nd Kriya in designated locations)
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

