

Program Schedule

Kriya Yoga West Coast Retreat
Hosted by Seattle Center
August 23 – 26, 2019

Retreat Theme - The Guru-Disciple Relationship

Conducted by: Swami Atmavidyananda Giri, Swami Vairagyananda Giri, Yogacharya Amit Chatterjee

Retreat Venue – Camp Koinonia
850 Camp Koinonia Lane, Cle Elum, WA 98922

<https://campkoinonia.org/>

“Koinonia” a Greek word means fellowship

Registration fee - \$250

Friday, Aug 23rd

11:00 a.m. Initiation, Registration (continues to 4:00 pm), Sack Lunch on arrival
2:30 p.m. Meditation (1st)
4:00 p.m. Opening Prayers, Class (1h:30mins)
6:00 p.m. Meditation (1st)
7:30 p.m. Dinner
9:00 p.m. Camp Fire and singing (Meadow Field)
10:00 p.m. Retire

Saturday/Sunday, Aug 24th / 25th

5:30 a.m. Asanas (30 mins)
6:15 a.m. Meditation (1st)
7:30 a.m. Breakfast
8:00 a.m. Activity within the camp (TBD)
10:00 am Class, Q/A (1 h)
11:15 a.m. Meditation (1st & 2nd)
12:30 p.m. Lunch
1:30 p.m. Walk, Reflect, Rest (Personal Time)
3:30 p.m. Class, Q/A (90 mins)
5:00 pm Break
6:00 p.m. Meditation (1st)
7:00 pm Janmasthanmi Pooja (On Aug 24th)
7:30 p.m. Dinner
8:30 p.m. Personal Time
10:00 p.m. Retire

Monday, Aug 26th

5:30 a.m. Asanas (30 mins)
6:15 a.m. Meditation (1st)
7:30 a.m. Breakfast
8:00 am Break
9:00 a.m. Class, Closing Prayers
11:00 a.m. Departure