



Program Schedule & Guidelines

Kriya Yoga - East Coast Regional Retreat
Sharpsburg, Maryland - August 26-29, 2010

Thursday

5:00 pm Check-In
6:30 pm Dinner
7:30 pm Opening Ceremony / Meditation
9:30 pm Retire

Friday & Saturday

6:00 am Silent Walk (optional)
6:30 am Meditation
8:00 am Breakfast
9:00 am Class
10:15 am Break
10:30 am Meditation
12:30 pm Lunch
1:30 pm Rest / Reflection
3:30 pm Class
4:30 pm Break
4:45 pm Question/Answer
5:15 pm Meditation
6:30 pm Dinner
7:30 pm Evening Chants / Reflections
9:30 pm Retire

Sunday

6:00 am Silent Walk (optional)
6:30 am Meditation
8:00 am Breakfast
9:00 am Class
10:00 am Break
10:15 am Meditation
12:00 am Closing Ceremony / Photo Opportunity
12:30 pm Lunch
1:30 pm Depart



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Retreat Guidelines

This retreat is open only to people who have been initiated into the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.

The retreat begins at 5:00 pm on Thursday, August 26th, with dinner at 6:30 pm, and opening ceremony at 7:30 pm. The retreat will continue until after lunch on Sunday, August 29th.

Registration includes 3 nights lodging in hotel-style accommodations, (double occupancy (twins) w/ private bath, linens provided).

Double occupancy means you will be sharing a room with two twin beds and private bath. Same gender roommate will be assigned unless both parties indicate the same roommate request on their registration forms.

Vegetarian meals for breakfast, lunch, and dinner will be prepared by Shepherd's Spring staff and served in the dining hall. Registration includes all meals. Morning and afternoon snacks: fruit, tea, juice and water are also included.

All retreat activities including the large meditation meeting room, dining hall, and sleeping accommodations are located within the large modern Lodge facility which has central air and heat.

Shepherd's Spring Retreat Center is a smoke free environment; smoking is prohibited in buildings and on grounds.

The registration rate is a fixed per person rate and will remain the same whether you attend the entire retreat or a portion of it. *(Per person rate is \$325.00, see registration form for early registration discount rate of \$300.00).*

Please do not record any of the Retreat proceedings. Cameras may be used during breaks but please do not use them during meditations, lectures, or other spiritual activities. Please bring pen and notebook if you want to make lecture notes.

Wear loose, comfortable, and modest, clothing avoiding shorts, and any other revealing attire.

Locals please bring your meditation cushion and/or blanket. While some cushions will be provided there may not be a sufficient number for everyone.

There are no facilities for shopping. Kriyavans should bring all their overnight requirements such as toothpaste, toiletries, alarm clock or watch, soap, hair dryer...

Follow all Shepherd's Spring Retreat Center policies and procedures.