



KRIYA INTENSIVE RETREAT 2023

(Open for only initiated kriyavans from the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda)

8-10 December

Topic : Vision of the Great Master

Location : Disciple's house, Hopkinton MA
(Please Register for more Details)



Swami
Vairagyananda Giri



Swami
Tapasyananda Giri

The three day retreat will have Guided Meditations, Discourses, interactive Q&A and Lunch/Dinner.

Schedule for each day

December 8, Friday - 6:30 pm to 9:30 pm

December 9, Saturday- 8:30 am to 7:30 pm

December 10, Sunday 8:30 am to 4:30 pm

Suggested donation: 70\$ for the entire weekend retreat (10\$ for Friday, 30\$ each for Saturday and Sunday), please talk to us if you want to participate and can't offer. Any other donation towards Ashram activities is welcome

Please register on <https://kriya.org/event-details/6500/en>





KRIYA INTENSIVE RETREAT 2023

Detailed Schedule

December 8, Friday

- 6:30PM - Retreat begins by lighting lamp
- 6:45PM - 7:15PM - Discourse and Discussion (part -1) - Sadhana delivers
- 7:25 PM - 8:25PM - Guided meditation
- 8:30PM - 9:30PM - dinner and clean up

December 9, Saturday

- 8:30AM - 9:45AM - 2nd kriya meditation (Only for those who are initiated to 2nd kriya)
- 10:00AM - 11:00AM - Discourse and Discussion (part -2) - Destroying Destiny
- 11:15AM - 12:15PM - First Kriya Meditation
- 12:30PM - 1:30PM - Lunch and clean up
- 1:30PM - 3:00PM - quiet time, rest/study/walk or book sale(Optional Video time)
- 3:00PM - 4:00PM - Discourse and Discussion (part -3) - warship and worship
- 4:00PM - 4:30PM - Q&A on Kriya Practice
- 4:45PM - 6:00 pm - First Kriya Meditation
- 6:30PM - 7:30PM - dinner and clean up

December 10, Sunday

- December 10, Sunday
- 8:30AM - 9:45AM - 2nd Kriya Meditation (Only for those who are initiated to 2nd kriya, rest of the schedule open for all initiated kriyavans)
- 10:00AM - 11:00AM - Discourse and Discussion (part -4) - Divine Contentment
- 11:15AM - 12:15PM - First Kriya Meditation

Open to ALL

- 12:30PM - 1:30PM - Lunch and clean up
- 1:30PM - 2:30PM - Quiet time, rest/study/walk or book sale(Optional Video time)
- 2:30PM - 3:15 PM - Interactive Q&A session
- 3:30PM - 4:30PM - Meditation and conclude the retreat

