

	Tue, Dec 24	Wed, Dec 25	Thu, Dec 26	Fri, Dec 27	Sat, Dec 28	Sun, Dec 29	Mon, Dec 30	Tue, Dec 31	Wed, Jan 01
05:30am - 07:00am		Silent Meditation (Starts at 06:00am)	Silent Meditation	Silent Meditation	Silent Meditation	Silent Meditation	Silent Meditation	Silent Meditation	Silent Meditation (Starts at 06:00am)
07:30am - 08:15am		Breakfast & Cleanup	Breakfast & Cleanup	Breakfast & Cleanup	Breakfast & Cleanup	Breakfast & Cleanup	Breakfast & Cleanup	Breakfast & Cleanup	Breakfast & Cleanup
08:15am - 09:15am		Video	Video	Video	Video	2nd Kriya Meditation 9:00am-10:15am Discourse 10:30am - 11:00am	Video	Video	Video
09:15am - 10:45am		Seva	Seva	Seva	Seva		Seva	Seva	Seva
11:00am - 12:00pm		Meditation (CD)	Meditation (CD)	Meditation (CD)	Meditation (CD)	Meditation (Guided)	Meditation (CD)	Meditation (Guided)	Meditation (Guided)
12:15pm - 01:00pm		Lunch & Cleanup	Lunch & Cleanup	Lunch & Cleanup	Lunch & Cleanup	Lunch & Cleanup	Lunch & Cleanup	Lunch & Cleanup	Lunch & Cleanup
01:00pm - 02:30pm		Rest/Self-Sttudy	Rest/Self-Sttudy	Rest/Self-Sttudy	Rest/Self-Sttudy	Rest/Self-Sttudy	Rest/Self-Sttudy	Rest/Self-Sttudy	
02:30pm - 04:30pm		Seva	Seva	Seva	Seva	Seva	Seva	Seva	
05:00pm - 06:00pm	Discourse	Discourse	Discourse	Discourse	Discourse	Discourse	Discourse	Discourse	
06:30pm - 08:00pm	06:00pm - 07:00pm Dinner & Cleanup; 07:00pm - 09:00pm Rest	Meditation (Guided)	Meditation (Guided)	Meditation (Guided)	Meditation (Guided)	Meditation (CD)	Meditation (Guided)	06:00pm - 07:00pm Dinner & Cleanup; 07:00pm - 09:00pm Rest	
08:15pm - 09:00pm		Dinner & Cleanup	Dinner & Cleanup	Dinner & Cleanup	Dinner & Cleanup	Dinner & Cleanup	Dinner & Cleanup		
09:00pm - 09:30pm	09:00pm - 12:15am Meditation (CD)	Singing	Singing	Singing	Singing	Singing	Singing	09:00pm - 12:15am Meditation (CD)	