

Self Enquiry & Meditation Retreat

12.01.

2-3pm Arrival
3pm Welcome Circle
3:30pm Yoga
4:30pm Meditation Workshop
6:30pm Dinner & Satsang

13.01.

7am Yoga & Meditation
9am Breakfast
10:30am Self Enquiry Workshop
1:00pm Lunch & Rest
3:30pm Vasanas & How to deal with them
4:30pm Presence Meditation (how to enter med fast & be in presence)
6:30pm Dinner & Satsang

14.01.

7am Yoga & Meditation
9am Breakfast
10:30am Sacred Scriptures & Reflection
12:30pm Lunch & Rest
3:30pm Meditation Question & Answer
4:30pm Kirtan & Closing Circle

Schedule is subject to slight changes