**Self-Realization Fellowship Greenfield Retreat  
One-Day Retreat Schedule**

9:30 am Group practice of the Energization Exercises

10:00 am Guided meditation with kirtan

12:30 pm Free time

1:00 pm Lunch (provided)

2:00 pm Free time

2:30 pm Video: *To Be Announced*

3:30 pm Free time

3:45 pm Group practice of the Energization Exercises followed by meditation with kirtan

5:00 pm Closing