**Women’s Kriyaban Retreat**

**May 4th – May 7th , 2017**

*(Retreat leaders: Sr. Shovana, and Bni. Hilde)*

**Thursday 5/4**

4:30-6:00 p.m. Kirtan

6:00-7:00 p.m. Dinner/Fellowship time

7:00-8:00 p.m. Welcome and Opening Class:

 *“The Kriyaban’s path and Covenant with the Guru”*

**Friday 5/5**

7:00-9:00 a.m. Energization Exercises, Meditation with

 Review of Hong-Sau & Aum Techniques

9:00-10:00 a.m. Breakfast

10:30-11:30 a.m. Kriya Review and Class: *“Kriya’s Significance and Results”*

12:15-1:00 p.m. Meditation

1:00-2:00 p.m. Lunch

2:30-4:30 p.m. Kriya Checking and Spiritual Counseling

4:30-6:00 p.m. Energization Exercises and Meditation

6:00-7:00 p.m. Dinner

7:00-8:00 p.m. Video Presentation

**Saturday 5/6**

7:00-8:00 a.m. Energization Exercises and Meditation

8:00-9:00 a.m. Breakfast

10:30-1:00 p.m. Long Meditation including thoughts on

 “Gaining the Most from Your Practice

of the Hong-Sau & Aum Techniques”

1:00-2:00 p.m. Lunch

2:30-4:30 p.m. Kriya Checking and Spiritual Counseling

5:30-6:30 p.m. Dinner

7:00-8:00 p.m. Class *“The Kriyaban Life of Devotion and*

 *Compassion”*

**Sunday 5/7**

7:00-8:00 a.m. Light breakfast available

9:30-10:45 a.m. Energization Exercises & Meditation with the Public

11:00 a.m.-12:00 p.m. Inspirational Service, *“The Universe: God’s Magic*

 *Drama”*

12:30-1:15 p.m. Closing Class: *“Taking Your Retreat into the World”*