

Greenfield Weekend Retreat Schedule

September 15 - 17, 2017

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| <u>Friday</u> | 7:30 – 8:30 pm | Opening Class <i>(Chapel open for private meditation until 9:30 p.m.)</i> |
| <u>Saturday</u> | 9:15 am | Energization Exercises |
| | 10:00 am – 12:30 pm | Meditation with Technique Reviews <i>(please bring your SRF Student card with you)</i> |
| | 12:30 pm – 1:30 pm | Lunch break |
| | 1:30 pm – 2:15 pm | Class |
| | 2:15 pm – 2:30 pm | Break |
| | 2:30 pm – 3:45 pm | Class |
| | 3:45 pm – 4:00 pm | Break |
| | 4:00 pm – 5:00 pm | Energization Exercises and Meditation |
| | 5:00 pm – 7:00 pm | Supper break |
| | 7:00 pm – 7:20 pm | Kirtan (Greenfield kirtan grp) |
| | 7:20 pm – 8:30 pm | Video Presentation |
| | | <i>(Chapel open for private meditation until 9:30 p.m.)</i> |
| <u>Sunday</u> | 9:15 am | Energization exercises |
| | 10:00 am – 10:45 am | Meditation |
| | 10:45 am – 11:00 am | Break |
| | 11:00 am – 12:15 pm | Sunday service and closing comments |
| | 12:15 – 12:45 | Greet the monastics |

The Book Room will be open:

- Saturday from 5:00 - 5:30 p.m.
- Sunday from 12:15 - 1:00 p.m.