Women’s Kriyaban Retreat

**October 26th – October 29th, 2017**

*(Retreat leaders: Sr. Parvati and Bni. Renee)*

**Thursday 10/26**

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

**Friday 10/27**

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

Review of Hong-Sau & Aum Techniques

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

10:30-11:45 a.m. Kriya Review and Class

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 10/28**

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

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

10:30-1:00 p.m. Guided Long Meditation

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. CD Class by Daya Mata

**Sunday 10/29**

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

12:30-1:15 p.m. Closing Class