

Greenfield Weekend Retreat Schedule

April 27 – April 29 , 2018

<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 <i>(Greenfield kirtan grp)</i>
	7:20 pm – 8:30 pm	Video Presentation

(Chapel open for private meditation until 9:30 p.m.)

<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.