

# Greenfield Weekend Retreat Schedule

## September 14 - 16 , 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 10:00 am – 12:30 pm  12:30 pm – 1:30 pm 1:30 pm – 2:15 pm 2:15 pm – 2:30 pm 2:30 pm – 3:45 pm 3:45 pm – 4:00 pm 4:00 pm – 5:00 pm 5:00 pm – 7:00 pm 7:00 pm – 7:20 pm 7:20 pm – 8:30 pm	Energization Exercises Meditation with Technique Reviews <i>(please bring your SRF Student card with you)</i> Lunch break Class Break Class Break Energization Exercises and Meditation Supper break Kirtan <i>(Greenfield kirtan grp)</i> Video Presentation
		<i>(Chapel open for private meditation until 9:30 p.m.)</i>
<u>Sunday</u>	9:15 am 10:00 am – 10:45 am 10:45 am – 11:00 am 11:00 am – 12:15 pm  12:15 – 12:45	Energization exercises Meditation Break Sunday service and closing comments 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.