**Self-Realization Fellowship Greenfield Retreat  
One-Day Retreat Schedule for Men and Women**

9:30 am Group practice of the Energization Exercises

10:00 am Guided meditation with chanting

12:30 pm Free time

1:00 pm Vegetarian Lunch (provided)

2:00 pm Free time

2:30 pm Inspirational video presentation

3:30 pm Free time

3:45 pm Group practice of the Energization Exercises

4:00 pm Meditation with chanting

5:00 pm Closing