**Women’s Kriyaban Retreat – November 17-19, 2023**

(Unless otherwise noted, all the events are at the 4-H Educational Center)

**Friday Nov. 17th**

8:00-9:00 am Energization Exercises, Meditation with Review of the

 Hong-Sau Technique

9:00-10:00 am BREAKFAST

10:30-11:30 am Kriya Review and Class: “Ways to Deepen Your Kriya

 Practice”

12:15-1:00 pm Meditation

1:00-2:30 pm LUNCH

2:30-3:30 pm Video Presentation

4:00-5:30 pm Energization Exercises and Meditation

5:30-7:30 pm Kriya Checking and Spiritual Counseling

**Saturday Nov. 18th**

8:00-9:00 am Energization Exercises and Meditation with Review of

 Aum Technique

9:00-10:30 am BREAKFAST

10:30-1:00 pm Long meditation including thoughts on “Gaining the Most

 from You Practice of the Hong-Sau and Aum Techniques”

1:00-2:00 pm LUNCH

2:30-3:30 pm Class

4:00-7:00 pm Kriya Checking and Spiritual Counseling **at Greenfield**

**Sunday Nov. 19th**

8:00-9:45 am Energization Exercises, Meditation, Closing Class

10:00-10:45 am Meditation with the Public

11:00 am – 12:00 pm Sunday Service with the Public