GREENFIELD REGIONAL WEEKEND RETREAT SCHEDULE

September 27-29, 2024

FRIDAY

7:00 – 8:30 pm Opening class

SATURDAY

8:30 am Breakfast

9:30 am Energization Exercises

10:00 am – 12:00 pm Meditation with Technique Reviews

12:00 pm – 1:30 pm Lunch break

1:30 pm – 2:15 pm Class

2:15 pm – 2:30 pm Break

2:30 pm – 3:15 pm Class

3:30 pm – 5:00 pm Energization Exercises and Meditation

5:00 pm – 7:00 pm Supper break

7:00 pm – 8:30 pm Video Presentation

SUNDAY

8:00 a.m. Breakfast

9:00 a.m. Energization Exercises and Meditation with kirtan

12:00 p.m. Lunch

1:30 p.m. Satsanga

2:30 p.m. Close of retreat