**Women Kriyaban Retreat – October 11-13, 2024**

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

**Friday Oct. 11th**

**7:30-9:00 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 (at the 4-H Center)

**Saturday Oct 12th**

**7:30-9:00 am Energization Exercises, Meditation with Review of the Aum Technique**

**9:00-10:30 am Breakfast**

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

***from Your Practice of the Hong-Sau and Aum Techniques*”**

**1:00-2:30 pm Lunch**

**2:30-3:15 pm Class “Increasing Our Awareness of God’s Presence”**

**3:30-4:30 Energization and Meditation**

4:45-6:45 pm Kriya Checking and Spiritual Counseling (at Greenfield)

**Sunday Oct. 13th**

**8:00-9:00 am Energization Exercises and Meditation**

**9:00-9:45 am Closing Class**

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

**11:00 am – 12:00 pm Sunday Service “Seeking God in Today’s World”**