

Women's Kriyaban Retreat

May 29th – June 1st, 2025

(Retreat leaders: Sr. Brahmani, Sr. Shankari, and Sr. Yashoda)

Thursday 5/29

4:30-6:00 p.m.

Arrival and check-in

6:00-7:00 p.m.

[Dinner/Fellowship time](#)

7:00-8:00 p.m.

Welcome and Opening Class:

"The Kriyaban's path and Covenant with the Guru"

Friday 5/30

7:00-9:00 a.m.

Energization Exercises, Meditation with
Review of Hong-Sau & Aum Techniques

9:00-10:00 a.m.

[Breakfast](#)

10:30-11:30 a.m.

Kriya Review and Class

12:15-1:00 p.m.

Meditation

1:00-2:00 p.m.

[Lunch](#)

2:30-4:30 p.m.

Kriya Checking/Spiritual Counseling and free time

4:30-6:00 p.m.

Energization Exercises and Meditation

6:00-7:00 p.m.

[Dinner](#)

7:00-8:00 p.m.

Video Presentation

Saturday 5/31

7:00-8:00 a.m.

Energization Exercises and Meditation

8:00-9:00 a.m.

[Breakfast](#)

10:30-1:00 p.m.

Long Meditation including thoughts on
"Gaining the Most from Your Practice
of the Hong-Sau & Aum Techniques"

1:00-2:00 p.m.

[Lunch](#)

2:30-4:30 p.m.

Kriya Checking/Spiritual Counseling and free time

5:30-6:30 p.m.

[Dinner](#)

7:00-8:00 p.m.

Class *"Complementing Your Kriya Practice"*

Sunday 6/1

8:30-9:30 a.m.

[Light breakfast available](#)

At Bethel Community Center:

10:30-11:15 a.m.

Meditation with the Public

11:30 a.m.-12:30 p.m.

Inspirational Service, *"Success Through Attunement
with God"*