

Greenfield Weekend Retreat Schedule

May 9-11, 2025

(Bro. Vidurananda and Br. Preston)

<u>Friday</u>	7:00 – 8:30 pm	Opening class (Immersing Yourself in the Vast Ocean of Spirit Through Meditation)
<u>Saturday</u>	8:30 am – 9:15 am 9:30 am 10:00 am – 12:00 pm 12:00 pm – 1:30 pm 1:30 pm – 2:30 pm 2:30 pm – 3:00 pm 3:00 pm – 5:00 pm 5:00 pm – 7:00 pm 7:00 pm – 8:30 pm	Breakfast Energization Exercises Meditation with Technique Reviews Lunch break Devotional Service: SY's birthday Break Energization Exercises and Meditation Supper break Video Presentation: PY Return to India
<u>Sunday</u>	8:00 am – 8:45 am 9:00 am – 11:45 am 11:45 am – 12:00 pm 12:00 pm – 1:00 pm 1:00 pm – 1:45 pm 1:45 pm – 2:15 pm	Breakfast Energization exercises and longer meditation Break Lunch Closing comments Greet the members