

Women's Kriyaban Retreat

May 28th – May 31th, 2026

(Sr. Veena and Sr. Sita)

Thursday 5/28

4:30-6:00 p.m.

Arrival time and chapel open for meditation

6:00-7:00 p.m.

DINNER/Fellowship time

7:00-8:00 p.m.

Welcome and Opening Class:

“The Significance of Kriya Diksha”

Friday 5/29

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: “Ways to Deepen Your Kriya Practice”

12:15-1:00 p.m.

Meditation

1:00-2:00 p.m.

LUNCH

2:30-4:30 p.m.

Kriya Checking and Spiritual Counseling

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 5/30

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 and Spiritual Counseling

5:30-6:30 p.m.

DINNER

7:00-8:00 p.m.

Class “Complementing Your Kriya Practice”

Sunday 5/31

7:00-8:00 a.m.

LIGHT BREAKFAST AVAILABLE

9:30-10:45 a.m.

Energization Exercises & Meditation with the Public

11:00 a.m.-12:00 p.m.

Inspirational Service on “The Yoga Path to God”

12:30-1:15 p.m.

Closing Meditation