

One Day Retreat for Men and Women

Saturday June 20, 2026

Part 1	
Time	Activity
9:00-9:20	Energization Exercises
9:20-12:50	Welcome and meditation with kirtan
Intermission 12:50-1:35 (lunch served for those attending live)	
Part 2	
1:35-2:20	Inspirational Talk
2:20-2:30	Break
2:30-2:50	Energization Exercises
2:50-4:40	Meditation and kirtan
4:40-4:50	Closing remarks