

Self-Realization Fellowship Greenfield Retreat
One-Day Retreat Schedule for Women

9:30 am	Group practice of the Energization Exercises
10:00 am	Guided meditation with chanting
12:30 pm	Free time
1:00 pm	Vegetarian Lunch (provided)
2:00 pm	Free time
2:30 pm	Inspirational video presentation
3:30 pm	Free time
3:45 pm	Group practice of the Energization Exercises
4:00 pm	Meditation with chanting
5:00 pm	Closing