

GREENFIELD WEEKEND RETREAT SCHEDULE
May 8th – 10th 2026

FRIDAY May 8th

7:00 – 8:30 pm Opening class

SATURDAY May 9th

8:30 am – 9:15 am	Breakfast
9:30 am	Energization Exercises
10:00 am – 12:00 pm	Meditation with Technique Reviews
12:00 pm – 12:45 pm	Lunch break – Seating A
12:45 pm – 1:30 pm	Lunch break – Seating B
1:30 pm – 2:00 pm	Break
2:00 pm – 3:00 pm	Class
3:00 pm – 3:30 pm	Break
3:30 pm – 5:00 pm	Energization Exercises and Meditation
5:00 pm – 7:00 pm	Supper break
7:00 pm – 8:30 pm	Video Presentation

SUNDAY May 10th

8:00 am – 9:00 am	Breakfast
9:00 am – 10:30 am	Sri Yukteswar Birthday Commemoration
10:30 am -11:00 am	Break
11:00 am -12:00 pm	Sunday Inspirational Service
12:00 pm – 12:45 pm	Lunch break – Seating A
12:45 pm – 1:30 pm	Lunch break – Seating B
1:30 pm – 2:15 pm	Satsanga and closing comments
2:15 pm – 2:45 pm	Meet and greet