

# One Day Retreat for Men and Women

Saturday June 20, 2026

<b>Part 1</b>	
Time	Activity
8:45 -9:20	Energization Exercises
9:20-12:50	Welcome and meditation with kirtan
<b>Intermission 12:50-1:35 (lunch served for those attending live)</b>	
<b>Part 2</b>	
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