

GREENFIELD CONDUCTED WEEKEND RETREAT SCHEDULE
September 25-27, 2026

FRIDAY

7:00 – 8:30 pm Opening class

SATURDAY

8:30 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 – 2:15 pm Class
2:15 pm – 2:30 pm Break
2:30 pm – 3:15 pm Class
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

8:00 am Breakfast
9:00 am – 12:00 pm Energization Exercises and Meditation with kirtan
12:00 pm -12:45 pm Lunch break – Seating A
12:45 pm – 1:30 pm Lunch break – Seating B
1:30 p.m. Satsanga
2:30 p.m. Close of retreat