

Atlanta Center of Self-Realization Fellowship

Spring 2018 Weekend Retreat Schedule

FRIDAY – April 20th

| | |
|-----------------------|--|
| 4:00 p.m. | Check-In at Registration Desk Begins |
| 6:30 p.m. – 7:30 p.m. | Dinner |
| 7:30 p.m. | Opening Class and Meditation |
| 9:00 p.m. – 9:30 p.m. | Fellowship <i>(Begin Practice of Silence)</i> |

SATURDAY – April 21st

| | |
|------------------------|--|
| 7:00 a.m. | Energization Exercises and Meditation |
| 8:00 a.m. – 9:00 a.m. | Breakfast |
| 9:15 – 11:45a.m. | Technique Review Class & Group Practice Kriyaban Class (for Kriyabans only) |
| 12:00 p.m. – 1:00 p.m. | Lunch |
| 1:00 p.m. | Free Time |
| 3:30 p.m. | Energization Exercises |
| 4:00 p.m. - 5:30 p.m. | Meditation |
| 6:00 p.m. – 7:00 p.m. | Dinner |
| 7:30 p.m. – 9:00 p.m. | Film followed by brief Meditation |

SUNDAY – April 22nd

| | |
|------------------------|---|
| 7:00 a.m. – 8:00 a.m. | Energization Exercises & Meditation |
| 8:00 a.m. – 9:45 a.m. | Breakfast and Checkout (Return Room Keys to SRF Retreat Information Desk in the Lobby of the Conference Center / \$25 charge for a missing room key) |
| 9:45 a.m. - 11:45 a.m. | Sunday Service <i>(End Practice of Silence)</i> |
| 12:00 p.m. – 1:00 p.m. | Lunch |
| 1:30 p.m. | Closing Class |
| 2:30 p.m. | Close of Retreat |