

## **Weekend Retreat Schedule (Example)**

### **FRIDAY**

- 6:30 p.m.**      **Dinner**
- 7:30 p.m.**      **Welcome and introduction to the purpose of the retreat**  
*Begin Practice of Silence for Retreat*

### **SATURDAY**

- 7:00 a.m.**              **Energization Exercises and Meditation**
- 8:00 a.m.**              **Breakfast**
- 9:00 a.m. – 11:00**      **Kriyaban Class (for Kriyabans only)**  
**Techniques Review Class (for SRF Lesson Students)**
- 12:30 p.m.**              **Lunch**
- 1:00 p.m.**              **Free time**
- 4:00 p.m. – 5:30**      **Energization Exercises and Meditation**
- 6:00 p.m.**              **Supper**
- 7:30 p.m.**              **Satsanga**

### **SUNDAY**

- 7:00 a.m.**              **Energization Exercises and Meditation**
- 8:00 a.m.**              **Breakfast**
- 9:30 a.m.**              **Video & Meditation till 11:00**
- 12:00 p.m.**              **Lunch**
- 12:30 p.m.**              **Checkout from Rooms**
- 1:30 p.m.**              **Closing Class**
- 2:30 p.m.**              **Close of retreat**