

Remembrance – Guru Poornima Celebrations & Initiates Retreat



Monday

2.00pm	Arrival
5.00	Meditation
5.30	Shiva Chanting
6.00	Dinner
7.00	Evening program – kirtan

Tuesday to Friday

6.00 – 7.00am	Morning Class
7.00 – 8.00	Guru Havan
8.00	Breakfast
8.30 – 9.00	Karma Yoga Morning Cleaning
9.15	Bhajan 3 mantras & Sat Guru Vandana

9.45	Karma Yoga
11.30	Morning Tea
12.00	Yoga Nidra
12.30pm	Lunch & Lunch Clean Up – please offer as seva for all meals

2.00	Afternoon Tea
2.30 – 3.30	Karma Yoga
3.30	Personal Time on Silence for sadhana
5.30	Friday Devi Chanting
6.00	Dinner & Dinner Clean Up – please offer as seva for all meals
7.00	Evening Program Kirtan & Video Satsang/sharing stories

Saturday

6.30am	Morning Class
7.30	Morning Chanting
8.00	Breakfast
8.30 – 9.00	Karma Yoga Morning Cleaning
9.30	Karma Yoga – Guru Poornima Cleaning
11.30	Morning Tea
12.00	Yoga Nidra
12.30pm	Lunch & Lunch Clean Up – please offer as seva for all meals

2.00	Afternoon Tea
2.30 – 4.00	Karma Yoga & Havan Prep
5.30	Mahamrityunjaya & Havan
6.30	Dinner & Dinner Clean Up – please offer as seva for all meals
7.30	Evening program

Sunday – Guru Poornima

6.30 – 7.30am	Morning Class – 3 mantras
8.00	Breakfast
8.30 – 9.30	Morning cleaning & Havan Prep and other Guru Poornima preparations
10.00	Guru Havan – Mandal of Remembrance
11.30	Morning Tea
12.00	Yoga Nidra
12.30	Lunch & Lunch Clean Up – please offer as seva for all meals

May the blessings of Guru's grace, serenity, humility and dedication

be with you life after life

Please remain on Mouna – Silence from after the last evening program until after breakfast washup of dishes