

Monthlong Silent Retreat **Online** Schedule
August 25 - September 1, 2020
Week 1

	Tues Aug 25	Wed Aug 26	Thur Aug 27	Fri Aug 28	Sat Aug 29	Sun Aug 30	Mon Aug 31 Onam	Tues Sep 1
4:50-6:00		Archana	Archana	Archana	Archana	Archana	Archana	Archana
6:00-6:25		Tea	Tea	Tea	Tea	Tea	Tea	Tea
6:25-6:30			Prayer	Prayer	Prayer	Prayer	Prayer	Prayer
6:30-7:15		Sit	Sit	Sit	Sit	Sit	Sit	Scripture
7:15-8:30		Yoga	Restorative Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
8:30-9:00		Sit		Sit	Sit	Sit	Sit	Sit
9:00-9:45		Breakfast	Juice / Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:45-10:15		Walk	Walk	Walk	Walk	Walk	Walk	Walk
10:15-10:30		Daily Reflection	Satsang	Daily Reflection	Daily Reflection	Satsang		
10:30-11:15		Sit		Sit	Sit			
11:15-11:30		Refresh	Refresh	Refresh	Refresh	Refresh	Refresh	Free Time
11:30-12:30		Seva	Seva	Seva	Seva	Seva	Seva	
12:30-15:00		Lunch / Rest	Juice / Lunch / Rest	Lunch / Rest	Lunch / Rest	Lunch / Rest	Lunch / Rest	
15:00-16:00		Sit	Sit	Sit	Sit	Sit	Sit	
16:00-16:20		Tea	Tea	Tea	Tea	Tea	Tea	
16:20-17:05	Opening Ceremony 17:30 - 18:30 Live IST *	Sit	Sit	Sit	Sit	Sit	Sit	
17:05-18:15		Nature Walk	Nature Walk	Nature Walk	Nature Walk	Nature Walk	Nature Walk	Nature Walk
18:15-19:30		Light Dinner	Light Dinner	Light Dinner	Light Dinner	Light Dinner	Light Dinner	Light Dinner
19:30-20:30		Bhajans / Reading	Bhajans / Reading	Bhajans / Reading	Bhajans / Reading	Bhajans / Reading	Bhajans / Reading	Bhajans / Reading
20:30-21:15		Sit / Walk	Sit / Walk	Sit / Walk	Sit / Walk	Sit / Walk	Sit / Walk	Sit / Walk
21:15-21:45			Contemplation	Q & A		Contemplation	Q & A	

*** All times shown are in your local time zone unless specially noted as Live IST**

Live Pre-Retreat Meeting and Group Check Ins with Instructors and Swami Poornamritananda Puri not yet scheduled. Groups will be created based on Time Zone

This is a Tentative Schedule. Some minor changes may be possible

Understanding the Schedule

Yellow Highlight--Group Practice Sessions (Recorded in Amritapuri)

Non-Yellow--Self Practice Sessions

Sit-- Sitting Meditation

Walk-- Walking Meditation

Archana-- Chanting of Sri Lalitha Sahasranam (1000 names of Divine Mother)

Seva-- Selfless Service

Bhajans-- Devotional Singing

Satsang-- Spiritual Talk

Onam-- Kerala Holiday

More details will be given during the pre-retreat meeting which will be scheduled soon...