



# Amrita Silent Retreats: Music of Silence w/ Swami Poornamritananda Puri

April 16 - 18, 2021

	Friday April 16		Saturday April 17	Sunday April 18
		6:00 - 6:25	Tea	Tea
		6:25 - 6:30	Prayer	Prayer
		6:30 - 8:00	Yoga	Yoga
		8:00 - 9:00	Guided Meditation	Guided Meditation
9:30 - 11:00	Welcome / Orientation	9:00 - 10:00	Breakfast	Breakfast
		10:00 - 10:30	Walk	Walk
11:00-11:15	Break	10:30 - 11:30	Satsang: Sree Chakra Pt. 1	Satsang: Nada Yoga Pt. 1
11:15 -12:00	Vow of Silence	11:30 - 12:00	Break	Break
12:00 - 13:00	Satsang: Mystical Experiences	12:00 - 13:00	Bhajan Class	Bhajan Class
13:00 - 15:30	Lunch / Rest	13:00 - 15:30	Lunch / Rest	Lunch / Rest
15:30 -16:30	Q & A	15:30 -16:30	Satsang: Sree Chakra Pt. 2	Satsang: Nada Yoga Pt. 2
16:30 - 17:00	Tea	16:30 - 17:00	Tea	Tea
17:00 - 18:00	Restorative Yoga	17:00 - 18:00	Restorative Yoga	Restorative Yoga
18:00 - 18:30	Meditation Video w/ Swamiji	18:00 - 18:30	Meditation Video w/ Swamiji	Meditation Video w/ Swamiji
18:30 - 20:00	Light Dinner	18:30 - 20:00	Light Dinner	Light Dinner
20:00 - 20:30	Flute Meditation	20:00 - 20:30	Q & A	Closing

