

The Path of SADHANA

UPDATED RETREAT SCHEDULE

MAR 26 ~ MAY 4, 2021

Monday

5.30 AM SRI GURU GITA (MORNING SCRIPTURAL CHANT)

6.30 AM MORNING MEDITATION PRACTICE

Tuesday

7.30 AM MIND-BODY EXERCISES *YOUTUBE & FACEBOOK ONLY

Thursday

10.00 AM FACILITATED WORKSHOP *REGISTERED ACCESS

12 NOON MIDDAY MEDITATION PRACTICE

8.00 PM SHIVA MAHIMNAH STOTRAM (EVENING SCRIPTURAL CHANT)

5.30 AM SRI GURU GITA (MORNING SCRIPTURAL CHANT)

6.30 AM MORNING MEDITATION PRACTICE

7.30 AM MIND-BODY EXERCISES *YOUTUBE & FACEBOOK ONLY

12 NOON MIDDAY MEDITATION PRACTICE

3.00 PM HEALING CIRCLE

8.00 PM SHIVA MAHIMNAH STOTRAM (EVENING SCRIPTURAL CHANT)

5.30 AM SRI GURU GITA (MORNING SCRIPTURAL CHANT)

6.30 AM MORNING MEDITATION PRACTICE

7.30 AM MIND-BODY EXERCISES *YOUTUBE & FACEBOOK ONLY

10.30 AM CONVERSATIONS WITH GURU *REGISTERED ACCESS

12 NOON MIDDAY MEDITATION PRACTICE

8.00 PM SHIVA MAHIMNAH STOTRAM (EVENING SCRIPTURAL CHANT)

Saturday

5.30 AM SRI GURU GITA

6.30 AM MEDITATION PRACTICE

7.30 AM MIND-BODY EXERCISES

10.00 AM SELF STUDY (NO WORKSHOP)

12 NOON MEDITATION PRACTICE

8.00 PM SHIVA MAHIMNAH

Sunday

6.00 AM SRI GURU GITA

7.00 AM MORNING TALK & MEDITATION PRACTICE

8.00 AM MIND-BODY EXERCISES

10.00 AM SELF STUDY (NO WORKSHOP)

12 NOON MEDITATION PRACTICE

8.00 PM SHIVA MAHIMNAH