

Kriya Initiation & Retreat

Heal, Connect and Awaken the Light Within

Thurs – Sun., Oct 14 – 17, 2021 Tentative Schedule

Thursday

- 3 – 4:30 PM Check-in (or 4:30 – 5 PM if not staying overnight) – [Office](#)
5:30 Light Dinner – [Lodge Dining Room](#)
6:00 Welcoming & Overview – [Lodge Dining Room](#)
7:30 Restorative Yoga – [Yoga Room](#)

Friday – **Silence observed in Main Area until dinner**

- 6:30 – 7:00 Silent meditation
7:15 – 8:30 Pranayama Yoga – [Yoga Room](#)
9:00 Silent breakfast – [Lodge Dining Room](#)
11:00 Hong Sau technique of concentration – [Temple](#)
12:30 PM Silent lunch – [Lodge Dining Room](#)
4:00 Om Technique: Interiorizing the Senses – [Temple](#)
5:30 Dinner – [Lodge Dining Room](#)
7:00 Bringing Spiritual Practice into Daily Life – [Temple or Lodge](#)
(interactive class with main focus on either 8 paths or 12 virtues)

Saturday – **Silence observed in Main Area until lunch**

- 8:00 Silent breakfast – [Lodge Dining Room](#)
9:45 Energization Exercises – [Lodge Patio](#)
10:30 Kriya Initiation – [Temple](#)
12:30 PM Lunch – [Lodge Dining Room](#)
3:30 Kriya Review – [Temple](#)
5:30 Dinner – [Lodge Dining Room](#)
7 PM **TBD**

Sunday

- 8 – 9 AM Breakfast – [Lodge Dining Room](#)
8:30 Carrying the Practice Forward – [Dining Room \(during breakfast\)](#)
10:30 Sunday Meditation (*theme: Conscious Conduct-Mindfulness*) – [Temple](#)
After service Lunch (provided by Sunburst) outside the Lodge patio & gardens
1:30 PM Optional – Guided hike (weather permitting) – [Meet in parking lot](#)