

Kriya Initiation & Retreat

Heal, Connect and Awaken the Light Within

Thurs – Sun., May 12 – 15, 2022 – Tentative Schedule

Thursday

- 3 – 4:30 PM Check-in – [Lodge](#)
- 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 – [Temple](#)
- 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 – Interactive class – [Lodge](#)

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

- 8:00 Silent breakfast – [Lodge Dining Room](#)
- 9:30 Energization Exercises – [Lodge Patio](#)
- 10:30 Kriya Initiation – [Temple](#)
- 12:30 PM Lunch – [Lodge \(possibly outdoors on Lodge patio\)](#)
- 3:30 Kriya Review – [Temple](#)
- 5:30 Dinner – [Lodge Dining Room](#)
- 7 PM Bhakti Yoga/Kirtan – [Temple](#)

Sunday

- 8 – 9 AM Breakfast – [Lodge Dining Room](#)
- 9:00 Carrying the Practice Forward – [Dining Room](#)
- 10:30 Sunday Meditation (*theme: Conscious Conduct-Mindfulness*) – [Temple](#)
- After service Snacks & refreshments outside the Lodge patio & gardens – [Lodge](#)
- 1:30 PM Optional – Guided hike (weather permitting) – [Meet in parking lot](#)