

Kriya Initiation & Retreat

Spiritual Café Group Retreat - Tentative Schedule

Thurs – Sun., Aug 4 – 7, 2022

Thursday

3 – 4:30 PM	Check-in (or 4:30 – 5 PM if not staying overnight) – Lodge
5:30	Light Dinner
6:00	Welcoming & Overview – 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
11:00	Hong Sau technique of concentration – Temple
12:30 PM	Silent lunch
4:00	Om Technique: Interiorizing the Senses – Temple
5:30	Dinner
7:00	Bringing Spiritual Practice into Daily Life – Lodge or Temple (interactive class with main focus on either 8 paths or 12 virtues)

Saturday – Silence observed in Main Area until lunch

8:00	Silent breakfast
9:30	Energization Exercises – Lodge Patio
10:30	Kriya Initiation – Temple
12:30 PM	Lunch – Lodge Patio
3:30	Kriya Review – Temple
5:30	Dinner
7 PM	Healing Bowls – Lodge or Temple

Sunday

8 – 9 AM	Breakfast
9:00	Carrying the Practice Forward – Dining Room (during breakfast)
10:30	Sunday Meditation (<i>theme: Developing Compassion</i>) – Temple
After service	Snacks & refreshments – Lodge
1:30 PM	Optional – Guided hike (weather permitting) – Meet in parking lot