

Kriya II Meditation Retreat: *Deepening Your Practice*

October 20 – 23, 2022

Tentative Schedule

THURSDAY

- 3:00 – 4:30 PM Check-in for overnight stay (or 4:30 – 5 PM if not staying overnight) – Office
5:30 Light Dinner
6:00 Welcoming & Overview – Dining Room
7:00 – 8:30 Breathwork & Restorative Yoga – Yoga Room

FRIDAY – Silence is observed in the Main Area until lunch

- 6:30 – 7:00 AM Silent Group Meditation
7:15 – 8:30 Chakra Yoga: Awakening the Spinal Centers – Yoga Room
9:00 Silent Breakfast
10:30 Evolution of Consciousness – Yoga Room
12:30 PM Lunch – Conscious speech begins.
2:00 + 2:30 Optional – One-on-One Discussions (approx. ½ hour)
– various locations; start by meeting up in Lodge Dining Room
3:30 Optional – Group Hike – meet in parking lot
5:30 Dinner
7:00 The Path of Yoga: Divine Union (discussion/presentation) – Yoga Room

SATURDAY – Silence is observed in Main Area until lunch

- 8:00 AM Silent Breakfast
9:45 Energization Exercises – Lodge Patio (weather permitting)
10:30 Kriya II Initiation – Temple
12:30 PM Lunch – Conscious speech begins.
3:00 Kriya II Review & Awakening the Spiritual Seed – Temple
5:30 Dinner
7:00 TBD – TBD

SUNDAY

- 8 AM Continental Breakfast
10:30 AM Sunday Service (*theme: Living A Balanced Life: Soulful Study*) – Temple
After service Snacks & refreshments