

# SELF-REALIZATION FELLOWSHIP

## SOUTHWEST REGIONAL RETREAT

### WEEKEND SCHEDULE

April 27 – 29, 2018

#### Friday

- 3:00 p.m. Arrivals and room check-in (RRC Office)
- 6:00 p.m. Supper
- 6:15 p.m. Kirtan (optional), (Petroglyph Rm. Until 7:00)
- 6:30 p.m. Commuter arrivals
- 7:00 p.m. Retreat welcome with meditation (Petroglyph Rm.)
- 8:00 p.m. Fellowship (Dining Rm.)

#### Saturday

#### Silence Begins

- 6:00 a.m. Rise and private meditation
- 7:15 a.m. Hatha yoga class (optional) (Ironwood Rm. until 7:55)
- 8:00 a.m. Breakfast (optional)
- 8:30 a.m. Commuter arrivals
- 8:40 a.m. Energization Exercises and meditation (Petroglyph Rm. until 11:55)  
(All group Energization Exercises held in upper south parking lot)
- 12:00 p.m. Lunch and free time
- 2:00 p.m. Spiritual Life Class (Petroglyph Rm.)
- 3:00 p.m. Free time for private meditation, study and walks
- 4:40 p.m. Energization Exercises and meditation (Petroglyph Rm.)
- 6:00 p.m. Supper and free time
- 7:00 p.m. Inspirational video (Petroglyph Rm.)
- 8:30 p.m. Night in silence

#### Sunday

- 6:00 a.m. Rise and private meditation
- 7:00 a.m. Energization Exercises and meditation (Petroglyph Rm.)
- 8:00 a.m. Breakfast and free time
- 9:00 a.m. Commuter arrivals
- 9:20 a.m. Satsanga (Petroglyph Rm.)
- 10:45 a.m. Room check-out
- 11:00 a.m. Free time for private meditation, study and walks

#### Silence Ends

- 12:00 p.m. Lunch
- 1:00 p.m. Closing event with fellowship (Petroglyph Rm., Until 2:00)