

Re-Center Your Life

3-Day Meditation Immersion

June 23-25, 2017

FRIDAY	
1:00 PM	Check-In Starts
3:00 PM	Orientation to The Movement Center & Weekend
5:30 PM	Dinner
	100 Handprint Healing Ritual
7:30 PM	Evening Free
SATURDAY	
6:30 AM	Sunrise Meditation - guided
7:15 AM	Lalita Trishati Chant
7:30 AM	Breakfast
9:00 AM – 10AM	Yoga – Stretch & Meditation Prep
10:00 AM – 12:00 PM	Dharma Talk (Ganesh), Meditation – guided & walking
12:30 PM	Lunch
1:00 PM – 2:00 PM	BREAK
2:00 PM	Yoga – Stretch & Meditation Prep
2:30 PM – 4:15 PM	Dharma Talk (Shiva), Chanting, Meditation – guided & walking
4:15 PM	TEA BREAK
5:00 PM	Savasana – deep relaxation Rest & Restore
5:30 PM	Intro to Eyes Open Meditation
7:00 PM	Meditation – Eyes Open
8:00 PM	Dinner
SUNDAY	
7:30 AM	Sunrise Meditation - guided
8:15 AM	Lalita Trishati Chant
8:30 AM	Breakfast
9:00 AM	Yoga – Stretch & Meditation Prep
9:30 AM – 12:00 PM	Dharma Talk (Arati), Meditation – guided & walking
12:30 PM	Lunch
1:00 PM	CHECK OUT



Schedule subject to change

-Sessions will be led by Sadhvi Parananda, Swami Prakashananda, and meditation and yoga teachers from The Movement Center.

-Pending weather, some sessions may require going outside.

-Questions? Access our RETREAT FAQ document, or email info@TheMovementCenter.com