THE GODDESS & THE ŚRĪ CHAKRA PRACTICE
• April 25-28, 2019 • PROGRAM SCHEDULE

Wednesday, April 24th
6:00 pm Retreat Orientation Living Room

Thursday April 25th
6:30 am Morning Meditation with Swami Chetanananda Meditation Hall
7:15 am Lalitā Pūjā Meditation Hall
7:30 am Breakfast Dining Room
8:00 am – 8:20 am Guru Puja at Rudi’s Shrine Rudi’s Shrine
8:30 am-9:30 am Hatha Yoga Yoga Studios Downstairs
10:00 am-12:00 pm The Goddess & The Śrī Chakra Practice teaching by Swami Chetanananda Meditation Hall
12:30 pm Lunch Dining Room
2:00 pm-3:30 pm Creating a Traditional Śrī Chakra Meditation Hall
6:00 pm Introduction to Eyes-Open Meditation Living Room
7:00 pm Eyes-Open Energy Transmission of the Goddess with Swami Chetanananda Meditation Hall

Friday April 26th
6:30 am Morning Meditation with Swami Chetanananda Meditation Hall
7:15 am Lalitā Pūjā Meditation Hall
7:30 am Breakfast Dining Room
8:30 am-9:30 am Hatha Yoga Yoga Studios Downstairs
10:00 am-12:00 pm The Goddess & The Śrī Chakra Practice teaching by Swami Chetanananda Meditation Hall
12:30 pm Lunch Dining Room
2:00 pm-3:00 pm Mudras Meditation Hall
3:00 pm-6:00 pm Seva: Havan preparations fun! South Lawn Tent
7:00 pm Havan: Sacred Fire Ceremony South Lawn Tent

Saturday April 27th
6:30 am Morning Meditation with Swami Chetanananda Meditation Hall
7:15 am Lalitā Pūjā Meditation Hall
7:30 am Breakfast Dining Room
8:30 am-9:30 am Hatha Yoga Yoga Studios Downstairs
10:00 am-12:00 pm The Goddess & The Śrī Chakra Practice teaching by Swami Chetanananda Meditation Hall
12:30 pm Lunch Dining Room
2:00 pm-3:30 pm The Śrī Chakra Pūjā Sequence Meditation Hall
6:00 pm Introduction to Eyes-Open Meditation Living Room
7:00 pm Eyes-Open Energy Transmission of the Goddess with Swami Chetanananda Meditation Hall

Sunday April 28th
6:30 am Morning Meditation with Swami Chetanananda Meditation Hall
7:15 am Lalitā Pūjā Meditation Hall
7:30 am Breakfast Dining Room
8:30 am-9:30 am Hatha Yoga Yoga Studios Downstairs
10:00 am-12:00 pm The Goddess & The Śrī Chakra Practice teaching by Swami Chetanananda Meditation Hall
12:30 pm Lunch Dining Room