

**Schedule for Seabeck Retreat June 7-9, 2019**  
**Conducted by Bro. Sevananda and Br. Kapildeo**

**Friday**

4:00-8:00 PM	Arrive & check-in	Juniper Room
6:00 PM	Dinner	Dining Hall
7:00 PM	Social & Reception	Pines Meeting Room
8:00 PM	Opening class (Silence begins)	Meeting House

**Saturday**

8:00 AM	Breakfast and Free Time	Dining Hall
9:00 - 9:20 AM	Energization Exercises Review	Tennis Court
9:20 AM - 11:30 AM	Technique review/guided meditation	Meeting House
11:30 AM	Free time	
12:00 PM	Lunch and free time	Dining Hall
2:30 – 4:00 PM	Kriya Class* and Kriya checking	Meeting House
2:30 – 3:10	Lesson Student’s Class	Pines meeting room
4:00 – 5:00PM	Free time	
5:00 - 5:20 PM	Energization Exercises	Tennis courts
5:20 - 6:20 PM	Meditation	Meeting House
6:20 PM	Dinner	Dining Hall
7:30 PM- 9 PM	Satsanga	Meeting House

**\* Kriya card required**

**Sunday**

7:00 - 8:00 AM	Breakfast	Dining Hall
8:30 - 8:50 AM	Energization	Tennis courts
8:50 - 11:30 AM	Long Meditation w/ Kirtan	Meeting House

12:00 PM	Lunch - end of silence - check out of room	Dining Hall
1:00 PM	Group Photo	Amphitheater
1:15-2:15 PM	Closing Class/ Lake Shrine DVD	Meeting Hall
2:30 PM	End of retreat	