



Spirit and Nature Touched Me

Friday Evening

- 5 pm- 6:15 Sadhana – Gentle stretching and guided meditation (*Temple*)
6:30 Dinner (*Dining Hall*)
7:30 Weekend Orientation, introductions and guided meditation (*Temple*)

Saturday

- 6:30 am Wake-up bell
7 am- 8:15 Sadhana – Energization Exercises, Chanting, Meditation (*Temple*)
8:30 Breakfast
10 am Going Deeper with your Meditation Practice – Class with Sabari (*Temple*)
Noon Meditation (*Temple*)
12:30 pm Lunch
2 pm- 4 Guided Nature Experience with Sundara (*meet outside dining hall*)
5 pm-6:15 Sadhana – Gentle yoga, chanting, meditation (*Temple*)
6:30 Dinner
7:30-8:30 Evening Talk or Presentation

Sunday

- 6:30 am Wake-up bell
7 am- 8:15 Sadhana – Energization Exercises, Chanting, Meditation (*Temple*)
8:30 am Breakfast
9 am- 9:30 Closing in Dining Hall

At The Expanding Light Temple at Ananda Village (optional)

- 10 am Purification Ceremony
11 am Sunday Worship Service
12:30 pm Lunch in the Expanding Light dining room