

Labor Day Weekend Retreat 2009

Mata Amritanandamayi Center

with Br. Dayamrita Chaitanya

September 5th – 6th, 2009

Retreat Schedule

Participants are free to come and go as they wish.

Saturday, September 5

6:30 – 7:45 am	Sri Lalitha Sahasranam Archana
7:45 – 9:00 am	Hatha Yoga Class
9:00 – 9:45 am	Breakfast
9:45 – 10:15 am	Meditation (Manasa Puja)
10:15 – 11:00 am	Scripture Class
11:00 – 11:20 am	Break
11:20 am – 12:00 pm	Meditation
12:00 – 12:30 pm	Bhajans
12:30 – 1:30 pm	Lunch / Rest
1:30 – 2:00 pm	Video of Amma
2:00 – 3:00 pm	Silent Seva
3:00 – 3:15 pm	Snack & Tea Break
3:15 – 4:15 pm	Question & Answer Session

Saturday Evening Public Program

4:30 – 5:30 pm	Sri Lalitha Sahasranam for World Peace
5:30 – 8:15 pm	108 Names of Amma, Satsang talk & Bhajans
8:30 – 9:30 pm	Dinner

Sunday, September 6

6:30 – 7:45 am	Sri Lalitha Sahasranam Archana
7:45 – 9:00 am	Hatha Yoga Class
9:00 – 9:45 am	Breakfast
9:45 – 10:15 am	Meditation (Manasa Puja)
10:15 – 11:00 am	Scripture Class
11:00 – 11:20 am	Break
11:20 am – 12:00 pm	Meditation
12:00 – 12:30 pm	Bhajans
12:30 – 1:30 pm	Lunch / Rest
1:30 – 2:00 pm	Video of Amma
2:00 – 3:00 pm	Silent Seva
3:00 – 3:30 pm	Tea Break
3:30 – 5:00 pm	Question & Answer Session
5:00 – 6:00 pm	Nature Walk / Outdoor Meditation
6:00 – 6:15 pm	Closing
6:15 – 7:00 pm	Dinner
7:00 – 8:00 pm	Bhajans