

Amarakantak Retreat Schedule**March 12-26, 2016**

4:45 – 5:15am	Yoga Asanas
5:30 – 7:30am	Meditation
7:45 – 8:30am	Breakfast
9:00 – 10:00am	Seva
10:30 – 12:30pm	Meditation
12:45 – 1:30pm	Lunch
1:30 – 3:00pm	Study and Contemplation
3:00 – 4:00pm	Class
4:30 – 6:30pm	Meditation
6:30 – 6:45pm	Aarti
7:00 – 8:00pm	Dinner
8:15 – 9:00pm	Satsang/Prayer/Chanting
9:00pm	Retire

Note: The schedule will be adjusted during the retreat to include Q&A classes and visiting holy places.

Retreat ends on March 26 and participants can depart on March 27.