

# SCHEDULE

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## Friday

### Orientation

5:00pm-Arrival/ Lunch  
5:00pm-get saris,  
meet nuns, orientation  
7-8pm-Kirtan(music  
meditation )  
9:00pm-Bed

## Sunday

### Morning program

4:30-Music Meditation  
5:15-Mantra Meditation  
7:15-Music Meditation  
7:40-Class on Spiritual Life  
9:00- Breakfast  
10-12 Rest

## Saturday

AN IMMERSIVE EXPERIENCE

### Morning program

4:30-Music  
Meditation(prayers)  
5:15-Mantra Meditation  
7:15-Music Meditation  
7:40-Class on Spiritual Life  
9:00-Breakfast  
10-12 Rest

### Hike

Throughout the hike we  
will meditate, read, and  
discuss spiritual topics.  
Lunch will be provided.  
Location:TBA

### Evening program

6:00pm-Class on Importance of Practicing  
7:00-Music/Meditation  
8:00pm- Dinner  
9:00pm- Bed

## Monday

### Final morning Morning program

4:30- Music Meditation(prayers)  
5:15-Mantra Meditation  
7:15- Music Meditation  
7:40- Class on Spiritual Life  
9:00- Breakfast  
10:00-Reflections and farewell

