



# Labor Day Weekend Retreat 2011

Mata Amritanandamayi Center  
with Br. Dayamrita Chaitanya

September 3rd and 4<sup>th</sup>, 2011

## Retreat Schedule

### **Saturday, September 3rd**

8:00 - 9:15 am	Hatha Yoga
9:15 - 9:45 am	Tea and Fruit (no breakfast)
9:45 - 10:15 am	Manasa Puja (108 names)
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 - 1:45 pm	Lunch / Rest
1:45 - 3:00 pm	Silent Seva
3:00 - 4:00 pm	Question & Answer Session
4:00 - 4:30 pm	Chai & Snack

#### \*Public Satsang Program Begins

4:30 - 5:30 pm	Sri Lalitha Sahasranam for world peace
5:30 - 8:30 pm	108 names, Satsang, Bhajans
8:30 - 9:30 pm	Dinner

### **Sunday, September 4th**

8:00 - 9:15 am	Hatha Yoga
9:15 - 9:45 am	Tea and Fruit (no breakfast)
9:45 - 10:15 am	Manasa Puja (108 names)
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 - 4:30 pm	Question & Answer Session
4:30 - 5:00 pm	Chai and Snack
5:00 - 6:00 pm	Nature Walk / Outdoor Meditation
6:00 - 6:15 pm	Closing