

**2024 Holiday Retreat:  
Yoga of Divine Love – Devotional Stories to Open the Heart**

**Swami Dharmananda, Swami Adi, Swami Sivasankari, Niranjan Babu, Lila Lolling, Joss Jaffe, Angelika, Anandamayi Chaitanya, Mahalakshmi, Nitya, Omkara**

	<b>Friday, Dec. 20</b>	<b>Saturday, Dec. 21</b>	<b>Sunday, Dec. 22</b>	<b>Monday, Dec. 23</b>	<b>Tuesday, Dec. 24</b>	<b>Wednesday, Dec. 25</b>	
<b>6am Satsang</b>	Steps to Peace According to Swami Sivananda” – Sw Adiparashaktiananda	Freedom According to Swami Sivananda” – Sw Dharmananda	Ramayana Stories” – Sw Sivasankariananda	Churning of the Ocean” – Sw Dharmananda	Satsang: “Life and Teachings of Jesus” – Swami Sivasankariananda	“Life and Teachings of Jesus” – Swami Sivasankariananda	
<b>12pm Workshop</b>	Sacred Ashram Tour	Labyrinth Walking Meditation” – Anandamayi ch.	12 - 4 Yantra Painting Workshop” – Sw Sivasankariananda	Durga Temple Walk - Anandamayi ch	Making Christmas Cookies Workshop - Mahalakshmi	Christmas Day Puja Ceremony - RK Hall	
<b>2pm Workshop</b>	Prasad: The sweetness of Devotion - Mahalakshmi	Ayurveda Self-care Practices” – Nitya		Bhagavad Gita Ch. 12: Yoga of Devotion - Swami Adi	Srimad Bhagavatam: Stories of Faith and Devotion” – Sw Dharmananda	Rasa Lila: Meaning and Inspiration” – Sw Dharmananda	
<b>7:30pm Satsang</b>	Purushartha: Inviting Grace through Self-effort” – Sw Dharmananda	Why We Chant” – Sw Dharmananda	Sunday Prayers” - Anandamayi ch	Ahimsa as Expression of Cosmic Love” – Sw Adiparashaktiananda	Christmas Celebration” - Xmas Carols, Santa Visit, Gift Opening, Cookies and Refreshments	Message from Swami Sivananda”	
	<b>Thursday, Dec. 26</b>	<b>Friday, Dec. 27</b>	<b>Saturday, Dec. 28</b>	<b>Sunday, Dec. 29</b>	<b>Monday, Dec. 30</b>	<b>Tuesday, Dec. 31</b>	<b>Wednesday, Jan. 1</b>
<b>6am Satsang</b>	Mantra, the Divine Name and Devotion” – Sw Adiparashaktiananda	Yoga of Equanimity” – Sw Dharmananda	Community Building, One person at a time - Lila Lolling	Abhyasa Yoga: Practice not Perfection” – Sw Adiparashaktiananda	Keeping Inspiration and Satsang” – Sw Dharmananda	“BD: Love”	Sivananda Messages for All”
<b>12pm Workshop</b>	Musical Sharing - Joss Jaffe	Siva Temple Walk - Swami Adi	Ayurveda Self-care Practices” – Nitya	Prana and Qi - Omkara	How to Cultivate Virtues and Remove Negativity” – Sw Dharmananda	Simple Vedic Practices to bring Harmony - N. Babu	
<b>2pm Workshop</b>	Panchamama, caring for our planet - Lila Lolling	Krishna Chants and Stories” – Anandamayi ch.	Removing Blockages through Yoga and Massage - Omkara	Selfless Love: The Yoga of Relationships” – Sw Dharmananda	Spiritual Diary Workshop” – Sw Adiparashaktiananda	Make NY Resolves” – Sw Adiparashaktiananda	
<b>7:30pm Satsang</b>	“Kirtan Concert” with Joss Jaffe	Simple Vedic Practices to bring Harmony - N. Babu	Sacred Chants Concert” with Angelika	Steps to Cultivate Selfless Love” - Anandamayi ch	STAFF HOLIDAY PLAY PERFORMANCE	New Year Eve Celebrations / Swami Vishnu Birthday Puja / Peace chanting	