

The Awakened Journey, April 16-23, 2023

	SUNDAY April 16	MONDAY April 17	TUESDAY April 18	WEDNESDAY April 19	THURSDAY April 20	FRIDAY April 21	SATURDAY April 22
8:45am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30-10:00		<i>Wellbeing Services</i>	<i>Wellbeing Services</i>	<i>Wellbeing Services</i>	<i>Wellbeing Services</i>	<i>Wellbeing Services</i>	<i>Wellbeing Services</i>
10:15		Session <i>(at LMC)</i>	Session (LMC), + 11:10 leave from LMC for Parsonage Meditation	Session <i>(at LMC)</i>	<i>Wellbeing Services</i> + 11:10 leave from LMC for Parsonage Meditation	Sw. Nityananda Presentation	Sw. Nityananda Presentation
11:45-12:15	Meditation <i>(Medit. Room)</i>	Meditation <i>(Medit. Room)</i>	<i>(continued)</i>	Meditation <i>(Medit. Room)</i>	<i>(continued)</i>	<i>(continued, then</i> <i>free time)</i>	<i>(continued, then</i> <i>free time)</i>
12:30pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:15-3:45	<i>Wellbeing Services</i>	<i>Wellbeing Services</i> <u>1:30 Tesla Talk in</u> <u>lounge by Caroline</u>	<i>Wellbeing Services</i>	<i>Wellbeing Services</i>	<i>Wellbeing Services</i>	<i>1:15-2:15 Wellbeing</i> <i>Services</i> 2:45 Yagna:	<i>Wellbeing Services</i>
4:00	<i>Wellbeing Services</i>	Energy Medicine Yoga <i>(at LMC)</i>	NIA Movement <i>(at LMC)</i>	<i>Welcoming</i> Sw. Nityananda	Sw. Nityananda Presentation	Sw. Nityananda <i>(Yagna Pavilion)</i>	Sw. Nityananda Presentation
5:30 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:15-7:15		<i>Wellbeing Services</i>	<i>Wellbeing Services</i>	<i>Wellbeing Services</i>	<i>Wellbeing Services</i>	<i>Wellbeing Services</i>	<i>Wellbeing Services</i>
7:30pm <i>(Meditation Room)</i>	Orientation, Meditation	Announcements, Meditation	Announcements, Meditation	Announcements, Meditation	Sw. Nityananda presentation	Kirtans (chanting) & Meditation	Farewells and Santoor Concert
8:45pm	<i>Transcendental Journey</i> (comp)	<i>Transcendental Journey</i> <i>(elective)</i>		<i>Transcendental Journey</i> <i>(elective)</i>		<i>Transcendental Journey</i> <i>(elective)</i>	