

The Awakened Journey, April 28- May 5, 2024

	SUNDAY April 28	MONDAY April 29	TUESDAY April 30	WEDNESDAY May 1	THURSDAY May 2	FRIDAY May 3	SATURDAY May 4
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 (at LMC)	Session (LMC), + 11:10 leave from LMC for Parsonage Meditation	Session (at LMC)	<i>Wellbeing Services</i> + 11:10 leave for Parsonage Meditation	10:00 am Yagna (Fire ritual) with Sw. Nityananda and	Sw. Nityananda Presentation
11:45-12:15	Meditation (Medit. Room)	Meditation (Medit. Room)	(continued)	Meditation (Medit. Room)	(continued)	Brahmin Prabal (Yagna Pavilion)	(continued, then free time)
12:30pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:15-3:45	<i>Wellbeing Services</i>	<i>Wellbeing Services</i>	<i>Wellbeing Services</i>	<i>Wellbeing Services</i>	<i>Wellbeing Services</i>	<i>Wellbeing Services</i>	<i>Wellbeing Services</i>
4:00	<i>Meet and Greet</i>	Energy Medicine Yoga (at LMC)	NIA Movement (at LMC)	<i>Welcoming</i> Sw. Nityananda (Redbud Lounge)	Sw. Nityananda Presentation (Location TBA)	Sw. Nityananda Presentation (Location TBA)	Sw. Nityananda Presentation
5:30pm	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>	<i>Wellbeing Services</i>
7:30pm (Meditation Room)	Orientation, Meditation	7:15 TJ orientation. Announcements, Meditation	Announcements, Meditation	Announcements, Meditation	Sw. Nityananda presentation	Kirtans (chanting) & Meditation	Farewells and Santoor Concert
8:45pm		<i>Transcendental Journey (comp)</i>		<i>Transcendental Journey (elective)</i>		<i>Transcendental Journey (elective)</i>	