

## Joy of Life August Meditation Retreat

### 5 Day Schedule

#### Andermatt, Switzerland

<b>Arrival Day 1 - Friday, October 15</b>	
12:00pm - 6:00pm	Check-In / Hiking/ Nature Walk
6:30pm- 7:30pm	Dinner
8:00pm -9:00pm	<b>Introduction to Kriya Yoga Followed by Q &amp; A</b>
9:00pm - 9:15pm	Short Break
9:15pm - 9:45pm	Kriya Yoga Meditation & Deep Relaxation
10:00 PM	Quiet Time for Sleep
<b>Day 2 - Saturday, October 16</b>	
8:00am - 9:00am	Breakfast is served
9:00am - 10:00am	<b>Spiritual Talk--Meditation &amp; the Drifting Mind Followed by Q &amp; A</b>
10:00am - 10:15am	Short Break
10:15am - 11:25am	Yoga Asanas (postures) & Deep Relaxation
11:25am-11:35am	Short Break
11:35am-12:15pm	Kriya Yoga Meditation
12:15pm-1:15pm	Lunch
1:15pm-3:00pm	Rest and Nature Walk
3:00pm-4:00pm	<b>Spiritual Talk--Understanding Prana the Life Force Followed by Q &amp; A</b>
4:00pm-4:15pm	Short Break
4:15pm-5:25pm	Yoga Asanas (postures) & Deep Relaxation
5:25pm-5:35pm	Short Break
5:35pm-6:15pm	Kriya Yoga Meditation

6:15pm-7:30pm	Dinner
7:30pm-8:15pm	After-Dinner Break
8:15pm-8:45pm	<b>Spiritual Talk--What is Mindfulness? Followed by Q &amp; A</b>
8:45pm-9:00pm	Short Break
9:00pm-9:30pm	Evening Meditation
10:00 PM	Quiet Time for Sleep
<b>Day 3 - Sunday, October 17</b>	
8:00am - 9:00am	Breakfast is served
9:00am - 10:00am	<b>Spiritual Talk--What Meditation is NOT Followed by Q &amp; A</b>
10:00am - 10:15am	Short Break
10:15am - 11:25am	Yoga Asanas (postures) & Deep Relaxation
11:25am-11:35am	Short Break
11:35am-12:15pm	Kriya Yoga Meditation
12:15pm-1:15pm	Lunch
1:15pm-3:00pm	Rest and Nature Walk
3:00pm-4:00pm	<b>Spiritual Talk--The Power of Sound (Mantra) Followed by Q &amp; A</b>
4:00pm-4:15pm	Short Break
4:15pm-5:25pm	Yoga Asanas (postures) & Deep Relaxation
5:25pm-5:35pm	Short Break
5:35pm-6:15pm	Kriya Yoga Meditation
6:15pm-7:30pm	Dinner
7:30pm-8:15pm	After-Dinner Break
8:15pm-8:45pm	<b>Spiritual Talk--Unsolicited Grace (Samyama) Followed by Q &amp; A</b>
8:45pm-9:00pm	Short Break
9:00pm-9:30pm	Evening Meditation
10:00 PM	Quiet Time for Sleep

<b>Day 4 - Monday, October 18</b>	
8:00am - 9:00am	Breakfast is served
9:00am - 10:00am	<b>Spiritual Talk—Understanding Kundalini &amp; Shaktipat (Followed by Q &amp; A)</b>
10:00am - 10:15am	Short Break
10:15am - 11:25am	Yoga Asanas (postures) & Deep Relaxation
11:25am-11:35am	Short Break
11:35am-12:15pm	Kriya Yoga Meditation
12:15pm-1:15pm	Lunch
1:15pm-3:00pm	Rest and Nature Walk
3:00pm-4:00pm	<b>Spiritual Talk--Signs of Spiritual Progress Followed by Q &amp; A</b>
4:00pm-4:15pm	Short Break
4:15pm-5:25pm	Yoga Asanas (postures) & Deep Relaxation
5:25pm-5:35pm	Short Break
5:35pm-6:15pm	Kriya Yoga Meditation
6:15pm-7:30pm	Dinner
7:30pm-8:15pm	After-Dinner Break
8:15pm-8:45pm	<b>Spiritual Talk—Maintaining Persistent Focus Followed by Q &amp; A</b>
8:45pm-9:00pm	Short Break
9:00pm-9:30pm	Evening Meditation
10:00 PM	Quiet Time for Sleep
<b>Day 5 - Tuesday, October 19th</b>	
8:00am - 9:00am	Breakfast is served
9:00am - 10:00am	<b>Spiritual Talk—Choice and Consequence Followed by Q &amp; A</b>
10:00am - 10:15am	Short Break
10:15am - 11:25am	Yoga Asanas (postures) & Deep Relaxation
11:25am-11:35am	Short Break

11:35am-12:15pm	Kriya Yoga Meditation
12:15pm-1:15pm	Lunch
1:15pm-3:00pm	Rest and Nature Walk
3:00pm-4:00pm	<b>Spiritual Talk—Joy in Aloneness (sweet solitude) Followed by Q &amp; A</b>
4:00pm-4:15pm	Short Break
4:15pm-5:25pm	Yoga Asanas (postures) & Deep Relaxation
5:25pm-5:35pm	Short Break
5:35pm-6:15pm	Kriya Yoga Meditation
6:15pm-7:30pm	Dinner
7:30pm-8:15pm	After-Dinner Break
8:15pm-8:45pm	<b>Spiritual Talk—Connecting with you Core Self Followed by Q &amp; A</b>
8:45pm-9:00pm	Short Break
9:00pm-9:30pm	Evening Meditation
10:00 PM	Quiet Time for Sleep
<b>Day 6 - Wednesday, October 20th</b>	
8:00am - 9:00am	Breakfast is served
9:00am - 10:00am	<b>Spiritual Talk—Remaining Centered in Daily Life Followed by Q &amp; A</b>
10:00am - 10:15am	Short Break
10:15am - 11:25am	Yoga Asanas (postures) & Deep Relaxation
11:25am-11:35am	Short Break
11:35am-12:15pm	Kriya Yoga Meditation
12:15pm-1:15pm	Lunch
<b>1:15pm-2:00pm</b>	<b>Checkout Time/ Departure</b>