**Meditation Retreat | 5 Full-Day Schedule**

**Arrival Day 1 - Thursday, October 16th.**

4:00pm - 6:00pm - Arrival to "Moulin”, Unpacking & Rest

6:15pm - 7:15pm - Dinner (note: dinner cannot be served after 6:15pm)

8:00pm - 9:00pm - **Welcome & Introductory Talk (first session)**

9:00pm - 9:30pm - Short Break

9:30pm - 10:30pm - Kriya Yoga Meditation & Deep Relaxation

10:30pm - Lights Out

**Day 2** – **Friday, October 17th**

7:45am - 8:45am - Breakfast is served

9:00am - 10:00am -**Spiritual Talk**

10:00am - 10:15am - Short Break

10:15am - 12:15pm - **Yoga Asanas, Kriya Yoga Meditation & Deep Relaxation**

12:15pm – 2:00pm - Lunch

2:00pm - 3:30pm – Rest, nature walk, and Spiritual Study

3:30pm - 4:30pm **Spiritual Talk**

4:30pm - 6:00pm - **Yoga Asanas, Kriya Yoga Meditation & Deep Relaxation**

6:15pm - 7:15pm – Rest, nature walk, and Spiritual Study

7:15pm - 8:30pm - Dinner

8:30pm - 9:30pm **Spiritual Talk.**

9:30pm - 9:45pm - Short Break

9:45pm - 10:30pm - **Kriya Yoga Meditation & Deep Relaxation**

10:30pm - Lights Out

**Day 3** – **Saturday, October 18th**

7:45am - 8:45am Breakfast is served

9:00am - 10:00am - **Spiritual Talk**

10:00am - 10:15am - Short Break

10:15am - 12:15pm - **Yoga Asanas, Kriya Yoga Meditation & Deep Relaxation**

12:15pm – 2:00pm - Lunch

2:00pm - 3:30pm - Rest, nature walk, and Spiritual Study

3:30pm - 4:30pm - **Spiritual Talk**

4:30pm - 6:00pm - **Yoga Asanas, Kriya Yoga Meditation & Deep Relaxation**

6:15pm -7:15pm – Rest, nature walk, and Spiritual Study

7:15pm - 8:30pm - Dinner

8:30pm - 9:30pm **Spiritual Talk**

9:30pm - 9:45pm - Short Break

9:45pm - 10:30pm - **Kriya Yoga Meditation & Deep Relaxation**

10:30pm - Lights Out

**Day 4 - Sunday, October 19th**

7:45am - 8:45am - Breakfast is served

9:00am - 10:00am – **Spiritual Talk**

10:00am - 10:15am - Short Break

10:15am - 12:15 pm - **Yoga Asanas, Kriya Yoga Meditation & Deep Relaxation**

12:15pm – 2:00pm - Lunch

2:00pm - 3:30pm - Rest, nature walk, and Spiritual Study

3:30pm - 4:30pm - **Spiritual Talk**

4:30pm - 6:00pm **- Yoga Asanas, Kriya Yoga Meditation & Deep Relaxation**

6:15pm - 7:15pm – Nature Walk and Rest

7:15pm - 8:30pm - Dinner

8:30pm - 9:30pm - **Spiritual Talk**

9:30pm - 9:45pm - Short Break

9:45pm - 10:30pm - **Kriya Yoga Meditation & Deep Relaxation**

10:30pm - Lights Out

**Day 5 -Monday, October 20th**

7:45am - 8:45am - Breakfast is served

9:00am - 10:00am - **Spiritual Talk**

10:00am - 10:15am - Short Break

10:15am - 12:15 pm - **Yoga Asanas, Kriya Yoga Meditation & Deep Relaxation**

12:15pm - 2:00 pm - Lunch

2:00 pm - 3:30 pm - Rest, nature walk, and Spiritual Study

3:30pm - 4:30pm -Spiritual Talk

4:30pm - 6:00pm - Yoga Asanas, Kriya Yoga Meditation & Deep Relaxation

6:15pm - 7:15pm – Nature Walk and Rest

7:15pm - 8:00pm - Dinner

8:00pm - 9:00pm - **Spiritual Talk**

9:00pm - 9:15pm - Short Break

9:15pm - 10:15pm - Kriya Yoga Meditation & Deep Relaxation

10:30pm - Lights Out

**Day 6- Tuesday, October 21st**

7:45am - 8:45am - Breakfast is served

9:00am - 10:00am - **Spiritual Talk**

10:00am -10:15am - Short Break

11:15am - 12:15pm **Yoga Asanas, Kriya Yoga Meditation & Deep Relaxation**

12:15pm - 1:15pm - Lunch

**Please note that the checkout and departure are promptly scheduled for 2:00 PM**