

Daily schedule of our retreat

Thursday

14:30 – 16:30 Afternoon session (Live)

Break

19:10 – 19:30 Introduction Mantras (Video)

19:30 – 20:00 Mantras & Meditation (Video)

Friday & Saturday

07:15 – 08:45 Morning practice (Live)

Break

10:45 – 11:00 Introduction OM Recitation (Live, only Friday)

11:00 – 11:25 OM Recitation (Video)

11:30 – 13:00 Forenoon session (Live)

Break

14:30 – 14:55 OM Recitation (Video)

15:00 – 16:30 Afternoon session (Live)

Break

19:30 – 20:00 Mantras & Meditation (Video)

Sunday

07:15 – 08:45 Morning practice (Live)

Break

10:30 – 11:00 Orga (Live)

11:00 – 11:25 OM Recitation (Video)

11:30 – 13:00 Forenoon session (Live)

Break

14:30 – 14:55 OM Recitation (Video)

15:00 – 16:30 Time for individual questions (Live)