

ONLINE RETREAT

RESTING IN THE INNER SANCTUARY

with Swami Ramananda, Swami Divyananda and Diana Meltsner

NOVEMBER 12 – 14, 2021

FRIDAY

- 6:30 - 7:00 pm Opening sharing *with Swami Ramananda**
- 7:00 - 8:15 pm Creating a Sanctuary; setting intentions, benefits of silence *with Swami Ramananda and Diana Meltsner**
- (start silence)*
- 8:15 - 8:30 pm Meditation *with Diana Meltsner**

SATURDAY

- 8:30 - 9:00 am Meditation *with Swami Ramananda*
- 9:15 -10:30 am Yoga Class (Gentle Yoga *with Roshan*) or (Mixed level Hatha *with Snehan*)
- (silence ends)*
- 10:45-11:30 pm Self-Care for Spiritual Growth *with Swami Divyananda*
- brunch break---*
- 2:30-3:30 pm Nurturing the Joy of Living *with Swami Divyananda*
- 3:45-5:00 pm Hatha practice - Restorative Yoga *with Marie Prashanti Goodell*
- dinner break---*
- 6:30-7:30 pm Taking Refuge: Accessing the Source of Boundless Peace *with Swami Ramananda**
- (start silence)*
- 7:45-8:15 pm Kirtan *with Astrud Castillo**
- 8:15-8:30 pm Meditation *with Swami Ramananda**

SUNDAY

- 8:30 - 9:00 am Meditation *with Swami Divyananda*
- 9:15 -10:30 am Yoga Class (Chair/Gentle Yoga *with Diana Meltsner*) or (Mixed level Hatha *with Swami Divyananda*)
- (end silence)*
- 10:45-11:30 am Journaling and Introspection; making intentions, sankalpa practice *with Diana Meltsner and Swami Ramananda*
- 11:45-12:30 pm Final sharing *with all staff*

*Evening portions of the program on Friday and Saturday are open for in-person attendance at the Institute