

RETREAT SCHEDULE

Self-Realization Fellowship Regional Retreat *Assisi Heights Spiritual Center, Rochester, MN* *Friday, May 24—Sunday, May 26, 2019*

Friday

5:00 p.m. Check-in begins

6:30-7:30 p.m. *Dinner with fellowship*

8:00-9:30 p.m. Retreat welcome and meditation

Saturday

7:00-8:30 a.m. Energization Exercises and Meditation

8:30-9:30 a.m. *Breakfast*

10:00-11:30 a.m. **Class:** *Devotional Intimacy with the Divine*
Meditation and Devotional Chanting

12:00-1:00 p.m. *Lunch*

1:00-2:00 p.m. *Assisi Heights Tour with Sister Marlys (optional)*

2:00-3:00 p.m. **Class:** *New SRF Lessons Study to Absorb the Guru's*
Teachings

3:00-5:00 p.m. Free Time

5:00-6:30 p.m. Energization Exercises and Meditation with
guided technique practice for Lessons students

6:30-7:30 p.m. *Dinner*

8:00-9:00 p.m. Satsanga

9:00-10:00 p.m. Hall Open for Personal Meditation

Sunday

7:00-8:00 a.m. *Light breakfast*

8:30-11:30 p.m. Long Meditation: *The Joy of Deep Inner Stillness*

12:00-1:00 p.m. *Lunch with fellowship and Group Photo*

1:30-2:30 p.m. Retreat closing with story time and farewell

