

Liberation Retreat Schedule 2021

THURSDAY July 1st

7:00 - 7:15 PM Shoe Room Social
7:15 - 8:30 **Opening Gathering** Purnima

FRIDAY AND SATURDAY July 2nd and 3rd

7:00 - 8:30 AM ***Pranayama & Meditation**
All Levels Vishwamitra & Hamsa
Intermediate/Advanced Radha & Kailashpati

8:45 - 10:15 ****Asana**
Level 1 Sean
Level 2 Friday - Yogita
Therapeutic Saturday - Jen
Savita

10:15 - 12:00 PM Brunch and Break

12:00 - 1:00 **Midday Options**
The Cafe Sudhir Dass
Hand Mudra Instruction Tonia

1:00 - 1:30 Break

1:30 - 3:00 **Theme Presentations on *Re-emergence and Renewal***
Friday Bhavani and Keith - *Ancient Wisdom, Many Branches*
Saturday Dayanand and Vinay - *Samkhya and Science:*
An Overview of Reality and Its Deconstruction

3:00 - 3:30 Shoe Room Social

4:00 - 5:00 **Meditation**
Friday Divakar
Saturday Purnima

5:00 - 6:00 Dinner

6:00 - 7:00 **Arati** livestream at the Temple

7:15 - 8:15 **Kirtan** livestream at the Temple

SUNDAY July 4, 2021

7:30 - 10:30 AM **Yajna** with mantra for peace - livestream at the Temple

10:30 - 11:30 Brunch/Break

11:30- 12:15 PM **Closing Gathering** Radha/Purnima

