

Meditation Steps
Retreat at Ananda Dhiira MU
Wednesday, May 25 - Sunday, May 29, 2022

NB. This schedule is subject to minor changes due to weather, the interest of the participants (for class topics), etc.

Wednesday, May 25, 2022

2:00 – 4:30 p.m. Arrival, accommodation, and registration, free time
4:30 - 5:30 p.m. Yoga Class
5:30 – 6:30 p.m. Collective Meditation
6:30 – 7:30 p.m. Dinner
7:30 – 9:00 p.m. Opening and sharing
9:00 – 9:30 p.m. Evening meditation
9:30 p.m. Take Rest

Thursday, May 26, 2022

04:40 a.m. Wake up
05:00 – 5:35 a.m. Morning Meditation (Paincajanya)
05:35 – 6:00 a.m. Free time, half-bath/bath
06:00 – 7:00 a.m. Yoga Class, Kaosiiki and Tandava
07:00 – 8:00 a.m. Collective Meditation
08:00 – 9:00 a.m. Breakfast
09:00 Morning walk in nature
10:00 – 11:30 a.m. **Workshop on Yama and Niyama**
11:30 – 11:45 a.m. Break
11:45 a.m. - 12:30 p.m. Collective Meditation
12:30 – 1:30 p.m. Lunch
1:30 p.m. - 2:30 p.m. Afternoon Walk/Free time
2:30 – 2:45 p.m. Introduction to Individual Meditation
3:00 – 5:00 p.m. **Individual Meditation Instructions**
5:00 – 6:00 p.m. Collective Meditation
6:00 – 7:00 p.m. Yoga Class
7:00 – 8:00 p.m. Dinner
8:00 – 9:00 p.m. Free time
9:00 p.m. Evening Meditation
9:30 p.m. Take Rest

Friday, May 27, 2022

04:40 a.m. Wake up
05:00 – 5:35 a.m. Morning Meditation (Paincajanya)
05:35 – 6:00 a.m. Free time, half-bath/bath
06:00 – 7:30 a.m. Yoga Class, Kaosiiki and Tandava
07:30 – 8:30 a.m. Collective Meditation
08:30 – 9:30 a.m. Breakfast
10:00 – 12:30 p.m. **Walking to Yuba River and Mudpacks, Collective Meditation**
12:30 – 1:00 p.m. Lunch preparations
01:00 – 2:00 p.m. Lunch
02:00 – 3:00 p.m. Afternoon Walk/Free time/Games
3:00 – 4:00 p.m. **Introduction to Dharma Cakra (Collective Meditation)**
4:00 – 4:30 p.m. Break
4:30 – 5:30 p.m. **Dharma Cakra**
5:30 – 6:30 p.m. Yoga Class
6:30 – 7:30 p.m. Dinner
7:30 – 8:00 p.m. Free time
8:00 p.m. **Devotional Songs and Sharing**
9:00 p.m. Evening Meditation
9:30 p.m. Take Rest

Saturday, May 28, 2022

04:40 a.m. Wake up
05:00 – 5:35 a.m. Morning Meditation (Paincajanya)
05:35 – 6:00 a.m. Free time, half-bath/bath
06:00 – 7:30 a.m. Yoga Class, Kaosiiki and Tandava
07:30 – 8:30 a.m. Collective Meditation
08:30 – 9:30 a.m. Breakfast
09:00 a.m. Morning walk in nature
10:00 – 11:30 a.m. **Class by Dada Diptimananda**
11:30 – 11:45 a.m. Break
11:45 a.m. - 12:30 p.m. collective meditation
12:30 – 1:30 p.m. Lunch
2:30 – 3:00 p.m. Introduction to Akhanda Kiirtana and Sadhana Shivar

3:00 – 6:00 p.m. **Akhanda Kiirtana or Sadhana Shivar**

6:00 – 6:45 p.m. Meditation and sharing

7:00 – 8:00 p.m. Dinner

8:00 – 9:00 p.m. Free time

9:00 p.m. Evening Meditation

9:30 p.m. Take Rest

Sunday, May 16, 2021

04:40 a.m. Wake up

05:00 – 5:35 a.m. Morning Meditation (Paincajanya)

05:35 – 6:00 a.m. Free time, half-bath/bath

06:00 – 7:30 a.m. Yoga Class, Kaosiiki and Tandava

07:30 – 8:30 a.m. Collective Meditation

08:30 – 9:30 a.m. Breakfast

09:30 – 10:00 a.m. Morning walk in nature/packing

10:00 – 11:00 a.m. **Closing Ceremony**