

Meditation Retreat at Ananda Kanak, Quebec, Canada, May 20—22, 2022

Friday May 20

5:00-6:00 (pm) Arrival

6:00-6:30 Kiirtan

6:30-6:45. Meditation

6:45-7:30 Asanas

8:00-9:00 Dinner

9:00-9:30 Free time

9:30-9:50 Kiirtan+Meditation

9:50 PM Sleep

Saturday May 21 :

5:00-5:30 (am) Prabhat Samgiita+Kiirtan+meditation

5:30-7:00 Morning duties

7:00-8:00 Asanas

8:00-9:00 Kiirtan, meditation, inspirational reading

9:00-10:00 Breakfast+ clean up

10:00-11:00 Outdoor, gardening

11:00-12:00 Class

12:00-12:45 (pm) Kiirtan+Meditation

12:45-2:00 Cooking

2:00-3:30 Lunch+ clean up

3:30-4:00 Silence

4:00-5:00 Class/Workshop

5:00-6:00 Game/leisure

6:00-6:45 Shower/Half bath

6:45-7:45 Kiirtan, meditation, inspirational reading

7:45-8:30 Asanas

8:45-9:00 Dinner

9:15-10:00 Sharing (inspirational stories)

10:00-10:15 Kiirtan+short meditation

10:15 Sleep

Sunday May 22:

5:00- 5:35 (am) Prabhat Samgiita+Kiirtan+meditation

5:35-7:00 Morning duties

7:00-8:00 Asanas

8:00-9:00 Kiirtan, meditation, inspirational reading

9:00-10:00 Breakfast+clean up

10:00-11:00 Outdoors

11:00-12:00 Class ; Q&A

12:00-12:45 (pm) Kiirtan+meditation

12:45-2:00 Cooking

2:00-3:00 Lunch+ clean up

3:00-4:00 Final sharing and closing remarks

4:00 Departure