

# **Meditation Retreat at Camp SAJO in Quebec, Canada.**

**August 5—7, 2022**

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

## **Friday August 5**

5:00-6:00 (pm) Arrival, accommodation

6:00-6:45. Kiirtan+Meditation

6:45-7:45 Asanas

7:45-8:45 Dinner

8:45-9:15 Free time

9:15-9:30 Kiirtan+Meditation

9:30 PM Sleep

## **Saturday August 6:**

6:30-7:30 (am) Kiirtan, meditation and inspirational reading

7:30-8:30 Asanas

8:30-9:00 Break

9:00-10:00 Breakfast+ clean up

10:00-11:30 Class/Workshop+ Q &A

11:30-12:30 Outdoor activities

12:30-1:00 (pm) Kiirtan and meditation

1:00-2:00 Cooking  
2:00-3:00 Lunch+ clean up  
3:00-3:30 Silence  
3:30-4:30 Class/Workshop  
4:30-5:30 Game/leisure  
5:30-6:30 Shower/Half bath  
6:30-7:30 Kiirtan, meditation, inspirational reading  
7:30-8:30 Asanas  
8:30-9:00 Dinner  
9:00-10:00 Sharing (inspirational stories)  
10:00-10:15 Kiirtan+short meditation  
10:15 Sleep

**Sunday August 7:**

6:30- 7:30 Kiirtan, meditation and inspirational reading  
7:30-8:30 Asanas  
8:30-9:00 Break  
9:00-10:00 Breakfast+clean up  
10:00-11:00 Class/Workshop+ Q&A  
11:00-12:00 Class ; Q&A  
12:00-1:00 (pm) Break  
1:00-1:45 Kiirtan and meditation

1:45-2:45 Lunch+ clean up

2:45-3:30 Final sharing and closing remarks

3:30 Departure