



# 6 night Silent Meditation Retreat: Power of Awareness Sw. Anandakumar

<b>6.30-8.00am</b>	<b>Morning class + Chanting</b>
8.00	Breakfast
<b>8.30-9.00</b>	<b>Karma Yoga</b>
<b>9.30</b>	<b>Meditation session with Swami Anandakumar</b>
11.00	Morning tea
<b>11.30</b>	<b>Meditation session with Swami Anandakumar</b>
<b>12.30pm</b>	<b>Lunch</b>
<b>2.00</b>	<b>Yoga Nidra</b>
2.30	Afternoon tea
<b>3.00 – 4.00</b>	<b>Karma Yoga or Activity</b>
<b>5.00</b>	<b>Meditation session with Swami Anandakumar</b>
<b>6.00</b>	<b>Dinner – Saturday 6.30</b>
<b>7.00</b>	<b>Evening program – Saturday 7.30</b>
8.00	Practice of silence (Mouna)

## **Sunday**

As for Daily until 9.30am

<b>10.00</b>	<b>Final session</b>
<b>11.30</b>	<b>Morning tea</b>
<b>12noon</b>	<b>Yoga Nidra</b>
<b>12.30pm</b>	<b>Lunch</b>