



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

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

Sunday

As for Daily until 9.30am

10.00	Final session
11.30	Morning tea
12noon	Yoga Nidra
12.30pm	Lunch