



Updated 6-30-09

The Movement Center – The Power of Spirit

June 30 – July 5, 2009 Retreat with Swami Chetanananda

Schedule

TUESDAY – JUNE 30	4:30 – 5:45 PM	Hatha Yoga (Meditation hall)
	5:45 – 7:00 PM	Hatha Yoga (Yoga rooms)
	6:00 – 6:45 PM	Orientation to Retreat (Ashram Living Room)
	7:00 – 8:15 PM	Open-Eye Class with Swamiji (Meditation hall) – Dinner follows
WEDNESDAY – JULY 1	6:45 – 7:25 AM	Meditation (Meditation hall) – Breakfast 7:30-8:30 AM
	8:15 – 9:15 AM	Hatha Yoga (Yoga rooms)
	10:00 – 11:30 AM	Talk by Swamiji (Meditation hall)
	11:30 AM – 12:30 PM	Open Time/Seva – Lunch 12:30-1:30 PM
	1:30 – 3:30 PM	Seva (check Seva Lists)
	3:45 – 4:45 PM	Hatha Yoga (Yoga rooms)
	5:00 – 6:20 PM	Chöd & Phowa with Lama Wangdu (Meditation hall)
	7:00 – 8:15 PM	Open-Eye Class with Swamiji (Meditation hall) – Dinner follows
THURSDAY – JULY 2	6:45 – 7:25 AM	Meditation (Meditation hall) – Breakfast 7:30-8:30 AM
	8:00 – 8:25 AM	Rudi Puja (Rudi's shrine/meditation hall)
	8:30 – 9:30 AM	Hatha Yoga (Yoga rooms)
	10:00 – 11:30 AM	Talk by Swamiji (Meditation hall)
	11:30 AM – 12:30 PM	Open Time/Seva – Lunch 12:30-1:30 PM
	1:30 – 3:15 PM	Seva (check Seva Lists)
	3:30 – 4:30 PM	Hatha Yoga (Yoga rooms)
	5:00 – 7:00 PM	Fire Puja with Lama Wangdu (South yard) – Dinner follows
FRIDAY – JULY 3	6:45 – 7:25 AM	Meditation (Meditation hall) – Breakfast 7:30-8:30 AM
	8:15 – 9:15 AM	Hatha Yoga (Yoga rooms)
	10:00 – 11:30 AM	Talk by Swamiji (Meditation hall)
	11:30 AM – 12:30 PM	Open Time/ Seva – Lunch 12:30-1:30 PM
	1:30 – 4:30 PM	Seva/ Concert Set-Up
	5:30 PM	Picnic Dinner (weather permitting)
	7:00 PM	Shantala Concert (Meditation hall)
SATURDAY – JULY 4	6:45 – 7:25 AM	Meditation (Meditation hall) – Breakfast 7:30-8:30 AM
	8:15 – 9:15 AM	Hatha Yoga (Yoga rooms)
	10:00 AM – 11:30 PM	Talk by Swamiji (Meditation hall)
	11:30 AM – 12:30 PM	Open Time/Seva – Lunch 12:30-1:30 PM
	1:30 – 3:15 PM	Seva (check Seva Lists – outside dining room)
	3:30 – 4:30 PM	Hatha Yoga (Yoga rooms)
	4:45 – 6:00 PM	Chöd & Phowa (Meditation hall)
	7:00 – 8:15 PM	Open Eye Class with Swamiji (Meditation hall) – Dinner follows
SUNDAY – JULY 5	6:45 – 7:25 AM	Meditation (Meditation hall) – Breakfast 7:30-8:30 AM
	8:15 – 9:15 AM	Hatha Yoga (Yoga rooms)
	10:00 – 12:30 AM	Talk by Swamiji & Darshan (Meditation hall) – Lunch follows