

Awakened Journey Retreat, April 5-12, 2026

Saturday, April 4

1:30-3pm Arrivals
5:30pm Dinner

Sunday, April 5

8:45am Breakfast
11:45am Meditation
(Meditation Hall)
12:30pm Lunch
1:15-3:45pm Wellbeing
Services
1:30-3pm Arrivals
**4:00pm Opening
Session**
5:30pm Dinner
6:15-7:15pm Wellbeing
Services
7:30pm Orientation,
Meditation
(Meditation Hall)

POST-RETREAT

Sunday, April 12

8:45am Breakfast
Depart by 11am

*LMC = Learning and
Multimedia Center*

**Please arrive at least 5
minutes early to all
sessions.**

	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	SATURDAY 11
8:45	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30-10:00	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time
10:15	Session (at LMC)	Session (at LMC)	Session (at LMC)	Wellbeing Services + 11:10 leave from LMC for Parsonage Meditation	10:00 am Yagna (fire ritual) with Sw. Nityananda & Brahmin Prabal (Yagna Pavilion)	Sw. Nityananda Presentation
11:45-12:15	Meditation (Meditation Hall)	Meditation (Meditation Hall)	Meditation (Meditation Hall)	(continued)		(continued, then open time)
12:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:15-3:45	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time
4:00	Energy Medicine Yoga (at LMC)	Nia Movement (at LMC)	Welcoming Sw. Nityananda (Redbud Lounge)	Sw. Nityananda Presentation (Location TBA)	Sw. Nityananda Presentation (Location TBA)	Sw. Nityananda Presentation (Location TBA)
5:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:15-7:15	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time
7:30	Announcements, Meditation (Meditation Hall)	7:15 TJ Orientation. Announcements, Meditation (Meditation Hall)	Announcements, Meditation (Meditation Hall)	Sw. Nityananda Presentation (Meditation Hall)	Kirtan (chanting) & Meditation (Meditation Hall)	Classical Indian Concert (Meditation Hall)
8:45		Transcendental Journey (comp)	Transcendental Journey (comp)		Transcendental Journey (elective)	

We ask participants to plan to attend the full retreat, including the last Saturday night, so all can receive the benefit of this cohesive and carefully curated experience. Check-out is by 11:00 am on Sunday.