

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

	MONDAY 6	TUESDAY 7	WEDNESDAY 8	THURSDAY 9	FRIDAY 10	SATURDAY 11
	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 (<i>Yagna Pavilion</i>)	Sw. Nityananda Presentation
11:45-12:15	Meditation (<i>Meditation Hall</i>)	Meditation (<i>Meditation Hall</i>)	Meditation (<i>Meditation Hall</i>)	(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 (<i>Redbud Lounge</i>)	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 (<i>Meditation Hall</i>)	7:15 TJ Orientation. Announcements, Meditation (<i>Meditation Hall</i>)	Announcements, Meditation (<i>Meditation Hall</i>)	Sw. Nityananda Presentation (<i>Meditation Hall</i>)	Kirtan (chanting) & Meditation (<i>Meditation Hall</i>)	Classical Indian Concert (<i>Meditation Hall</i>)
8:45		Transcendental Journey (comp)	Transcendental Journey (comp)		Transcendental Journey (elective)	

LMC = Learning and Multimedia Center

Please arrive at least 5 minutes early to all sessions.