

Program Schedule

Kriya Yoga West Coast Retreat
Hosted by Seattle Center
August 23 – 26, 2019

Retreat Theme - The Guru-Disciple Relationship

Conducted by: Swami Atmavidyananda Giri, Swami Vairagyananda Giri, Yogacharya Amit Chatterjee

Retreat Venue – Camp Koinonia
850 Camp Koinonia Lane, Cle Elum, WA 98922

<https://campkoinonia.org/>

“Koinonia” a Greek word means fellowship

Friday, Aug 23rd

- 11:00 a.m. Registration (continues to 4:00 pm), Sack Lunch on arrival
- 2:30 p.m. Meditation OR get to know other attendees (TBD)
- 4:00 p.m. Opening Prayers, Class
- 5:30 p.m. Meditation (1st & 2nd)
- 7:30 p.m. Dinner
- 9:00 p.m. Camp Fire and singing (Meadow Field)
- 10:00 p.m. Retire

Saturday/Sunday, Aug 24th / 25th

- 5:30 a.m. Parikrama procession (starts at Meditation hall)
- 6:00 a.m. Meditation
- 7:30 a.m. Breakfast
- 8:15 a.m. Activity within the camp (TBD)
- 10:00 am Class, Q/A
- 11:00 a.m. Meditation (1st & 2nd)
- 12:30 p.m. Lunch
- 1:30 p.m. Walk, Reflect, Rest (Personal Time)
- 3:30 p.m. Class, Q/A
- 5:15pm Break
- 5:30 p.m. Meditation (1st & 2nd)
- 7:30 p.m. Dinner
- 9:00 p.m. Camp activity (TBD)
- 10:00 p.m. Retire

Monday, Aug 26th

- 5:30 a.m. Parikrama procession (starts at Meditation hall)
- 6:00 a.m. Meditation
- 7:30 a.m. Breakfast
- 8:30 a.m. Break
- 9:00 a.m. Class, Closing Prayers
- 11:00 a.m. Departure