

ANANDA MIDWEST RETREAT

May 5-7, 2017

The Power of Yoga

*Creating Peace and Positive Change
In Your Life and In The World*

Friday, May 5

3:00pm

Registration/Check in

4:00-6:00pm

Sadhana (Spiritual Practices)

Sadhana is a flow of spiritual practices: Yogananda's Energization Exercises, gentle yoga postures, chanting (mostly in English), guided meditation

6:00-7:00pm

Dinner

7:30pm

Evening Program: Introduction to the weekend and Vedic Fire Ceremony

The Fire Ceremony is an ancient vedic ceremony with mantras for freedom from fear and a blessing for all. This will be held outside weather permitting.

Saturday, May 6

6:30am

Wake Up

7:00-8:30am

Sadhana

8:30-10:00am

Breakfast (first 30 minutes in silence)

10:00-11:45am

Morning Program: The Power of Affirmations and Prayer

12:00-2:00pm

Lunch & Free Time

2:00-3:30pm

Afternoon Program: Creating Peace and Positive Change

4:00-6:00pm

Sadhana

6:00-7:00pm

Dinner

7:00pm

Evening Program: Kirtan

A Kirtan is group chanting/singing to encourage the heart to open and receive. The power of devotion is awakened in the heart, as well as our receptivity to higher consciousness.

Sunday, May 7

6:30am

Wake Up

7:00-8:30am

Sadhana

8:30-10:00am

Breakfast

10:00-12:00pm

Purification Ceremony, Sunday Service and Festival of Light

These ceremonies open us to the experience of wisdom and divine joy through prayer, readings, and music. Optional donation during Sunday Service.

12:00 -1:30pm

Check Out, Lunch & Goodbyes

Mount Saint Francis Center for Spirituality

812-923-8817

101 St. Anthony Dr., Mt. St. Francis, IN 47146