

Spiritual Renewal Week 2024

In-Person Schedule

“The Battle of Life and How to Fight It”

Sunday, June 23

- 4:45 Sadhana: Energization, yoga postures, chanting, meditation
- 6:30 Dinner
- 7:45 Welcome Program

Monday, June 24

- 6:30-8:15 Meditation/Sadhana
- 8:15-9:00 Breakfast
- 9:15 Hong Sau Refresher and Meditation Class
- 10:30 ***The Battle of Life***
Nayaswami Jyotish & Nayaswami Devi
- 12:00 Meditation
- 12:30 Lunch
- 2:00-4:00 Visit Crystal Hermitage Moksha Mandir, Swami’s Apartment, Shrine, Chapel with healing prayer session
- 4:45 Sadhana
- 6:30 Dinner
- 7:45 Kirtan



Tuesday, June 25

- Same as Monday through breakfast*
- 9:15 Energization Exercises Refresher
 - 10:30 ***“Attitudes to Win the Battle”*** with a panel of speakers
 - 12:00 Meditation
 - 12:30 Lunch
 - 2:00 Activities and classes
 - 4:45 Sadhana
 - 6:30 Dinner
 - 7:45 Concert of Swami Kriyananda’s music

Wednesday, June 26

- Same as Monday through breakfast*
- 9:15 Deepening Your Meditation Class
 - 10:30 ***“Keeping Body and Mind Strong”*** with a panel of speakers
 - 12:00 Meditation
 - 12:30 Lunch
 - 2:00-3:30 Activities and classes
 - 4:45-6:30 Sadhana
 - 6:30 Dinner
 - 7:45 Q&A with Nayaswami Jyotish & Nayaswami Devi

Thursday, June 27

- Same as Monday through breakfast*
- 10:30 ***“Experiential Inspirations”*** panel team
 - 12:00 Meditation
 - 12:30 Lunch
 - 1:30-4:00 Activities and classes
 - 4:45-6:30 Sadhana
 - 6:30 Dinner
 - 7:30 Free Evening

Friday, June 28

- Same as Monday through breakfast*
- 10:30 ***“Spiritual Practices to Win the Battle”*** with a panel of speakers
 - 12:30 Lunch
 - Different afternoon and evening schedule
 - Kriya Ceremonies

Saturday, June 29

- 6:30-8:15 Meditation/Sadhana
- 8:15-9:15 Breakfast in silence
- 10:30 ***“How I Fight the Battle of Life”*** with a panel of speakers
- 12:00 Meditation
- 12:30 Lunch
- 1:30 Seva Yoga to decorate and prepare for Indian Banquet
- 6:30 Indian Banquet
- 7:45 Evening Entertainment

Sunday, June 30

- Same as Monday through breakfast*
- 10:00 Fire ceremony and Purification ceremony
 - 11:00 Sunday Service
 - 12:30 Lunch

This is a general schedule only and subject to change. You will receive a detailed schedule upon arrival.