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| Divya Shakti Retreat 2022 Program Schedule |
| ***Timings in U.S Eastern Time*** |
| DAY 1 – 10/07/2022, Friday |
| Time | Event |
| 4:00 – 5:00 pm | Registration |
| 5:00 - 6:00 pm | Lalita Sahasranamam chanting |
| 6:00 - 7:00pm | Dinner |
| 7:00 - 7:30pm | Inauguration/Welcome and Lighting of Lamp |
| 7:30 - 8:30pm | Discourse |
| 8:30 - 8:45pm | Ice Breaker |
| 8:45 - 9:00 pm | Evening Arati/ Dismissal |
| DAY 2 – 10/08/2022, Saturday |
| Time | Event |
| 7:00 – 7:30 am | Yoga Asanas |
| 7:30 – 8:00 am | Guided meditation (Dhyana) |
| 8:00 – 8:50 am | Chai, Breakfast  |
| 8:50 – 9:00 am | Bhajans |
| 9:00 – 10:00 am | Discourse |
| 10:00 – 10:40 | Reflection - Chinmayanandam Trail walk |
| 10:45 – 11:15 | Discussion groups |
| 11:20 – 12:50 | Group Art Project  |
| 1:00 – 2:00 pm | Lunch |
| 2:00 – 2:30 | Rest & Reflection |
| 2:30 -3:00 | Yoga Nidra  |
| 3:00 - 3:20 | Break   |
| 3:25 – 4:20 | Discourse |
| 4:30 – 5:50 | Outdoor activity |
| 6:00 – 7:00 | Dinner |
| 7:00 – 7:30 | Q&A  |
| 7:30 – 8:30 | Discourse  |
| 8:30 - 8:40 | Chinmaya Arati |
| 8:40 – 9:20 | Garbha/ Raas |
| 9:20 – 9:30 pm | Devi Arati/ Dismissal |
| DAY 3 – 10/09/2022 Sunday |
| Time | Event |
| 7:00 – 7:30 am | Yoga Asanas |
| 7:30 – 8:00 | Guided meditation |
| 8:00 – 8:50 | Chai & Breakfast  |
| 8:50 - 9:50 | Discourse  |
| 9:50 - 10:00 | Bhajans  |
| 10:00 - 10:40 | Q & A |
| 10:40 - 11:00 | Break |
| 11:00- 11:45 | Discourse |
| 11:50- 12:30 | Reflection & Group Sharing  |
| 12:30 - 1:00 | Guru Dakshina, Prasad, Arati  |
| 1:00 - 2:00 pm | Lunch & Farewell |

 *\* Schedule subject to change*