

Vedanta Society of Toronto

ANNUAL RETREAT- 2010

Saturday, June 19, 2010		
1	6:00 am – 7:00 am	Meditation and Chanting
2	7:00 am – 7:45 am	Yoga /Registration
3	7:45 am	Breakfast
4	9:00 am	Introduction Song Reading Meditation
5	9:30am – 10:30 am	Swami Chetananandaji's Talk
6	10:30 am	Q & A
7	11:00 am	Coffee break
8	11:30 am – 12:00 noon	Songs
9	12: noon – 12:30 pm	Guided Meditation
10	12:30 pm – 1:30 pm	Lunch
11	1:30 pm	Video (Museum)
12	3:00 pm – 4:00 pm	Swami Chetananandaji's Talk
13	4:00 pm – 4:30 pm	Q & A
14	4:30 pm	Tea
15	6:00 pm	Evening Prayer
16	7:30 pm	Dinner

Sunday, June 20, 2010		
1	6:00 am – 7:00 am	Meditation and Chanting
2	7:00 am – 7:45 am	Yoga /Registration
3	7:45 am	Breakfast
4	9:00 am	Song Reading Meditation
5	9:20am – 10:00 am	Swami Kripamayanandaji's Talk
6	10:00 am	Group discussion
7	11:15 am	Coffee break
8	11:30 am – 12:00 noon	Songs
9	12: noon – 12:30 pm	Guided Meditation
10	12:30 pm – 1:30 pm	Lunch
11	1:30 pm	Video
12	3:00 pm – 4:00 pm	Public Lecture by Swami Chetananandaji
13	4:00 pm – 4:30 pm	Comments from the audience and Vote of Thanks
14	4:30 pm	Photograph and Tea

End of Retreat