

New Dharma Tiruvannamali Retreat

January 22 - February 27, 2023

Draft v6 - subject to change

Optional Individual Retreat: February 27 - March 15, 2023

January 2023						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22 Arrival date: Lodging begins	23	24	25 Retreat start 6-7:30 am: meditation 7-9:00 pm: Orientation & Set the Intent	26 6-7:30 am: meditation 7-8:30pm: Satsang	27 6-7:30 am: meditation 9:30-11 am small groups 7-8:30 pm: meditation	28 6-7:30 am: meditation 7-8:30pm: Satsang
29 6-7:30 am: meditation DAY OFF	30 6-7:30 am: meditation 7-8:30 pm: meditation	31 6-7:30 am: meditation 11-12:30 pm facilitator-led meditation 6-7 pm: WAM				

February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 6-7:30 am: meditation Intensive 11-1 pm Session 1 1-3 pm Lunch 3-6 pm Session 2	2 6-7:30 am: meditation	3 6-7:30 am: meditation 9:30-11 am small groups 7-8:30 pm: meditation	4 6-7:30 am: meditation 5-6:30pm: Satsang - open to the public
5 6-7:30 am: meditation DAY OFF	6 6-7:30 am: meditation 7-8:30 pm: meditation	7 6-7:30 am: meditation 11-1 pm facilitator-led inquiry 5-6 pm: WAM - open to the public	8 6-7:30 am: meditation 7-8:30 pm: meditation	9 6-7:30 am: meditation 7-8:30pm: Satsang	10 6-7:30 am: meditation Sat Weekend 6-8 pm: talk	11 Sat Weekend 6-7:30 am: meditation 11-12:30 pm: meditation 4-5:30 pm: meditation 8-10 pm: talk
12 Sat Weekend 6-7:30 am: meditation 11-1 pm: completion	13 6-7:30 am: meditation DAY OFF	14 6-7:30 am: meditation 11-12:30 pm facilitator-led meditation 5-6 pm: WAM - open to the public	15 6-7:30 am: meditation Intensive 11-1 pm Session 1 1-3 pm Lunch 3-6 pm Session 2	16 6-7:30 am: meditation 7-8:30pm: Satsang	17 6-7:30 am: meditation 9:30-11 am small groups 7-8:30 pm: meditation	18 6-7:30 am: meditation 5-6:30pm: Satsang - open to the public
19 6-7:30 am: meditation DAY OFF	20 6-7:30 am: meditation 7-8:30 pm: meditation	21 6-7:30 am: meditation 11-1 pm facilitator-led inquiry 5-6 pm: WAM - open to the public	22 6-7:30 am: meditation 7-8:30pm meditation	23 6-7:30 am: meditation 7-8:30pm: Satsang	24 6-7:30 am: meditation 9:30-11 am: small groups 5-7 pm: closing meal	25 Program ends 6-7:30 am: meditation 11-1 pm: completion
26	27 End of Lodging / Individual retreats begins* 6-7:30 am: meditation	28 6-7:30 am: meditation 5-6:30 pm: Alignment & Setting the Intent for a Individual Retreat				

March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>6-7:30 am: meditation</i>	2 <i>6-7:30 am: meditation</i>	3 <i>6-7:30 am: meditation</i> <i>5-6:30 pm: Group Gathering***</i>	4 <i>6-7:30 am: meditation</i>
5	6 <i>6-7:30 am: meditation</i>	7 <i>6-7:30 am: meditation</i> <i>5-6:30 pm: Group Gathering**</i>	8 <i>6-7:30 am: meditation</i>	9 <i>6-7:30 am: meditation</i>	10 <i>6-7:30 am: meditation</i> <i>5-6:30 pm: Group Gathering**</i>	11 <i>6-7:30 am: meditation</i>
12	13 <i>6-7:30 am: meditation</i>	14 <i>6-7:30 am: meditation</i> <i>5-6:30 pm: Group Gathering**</i>	15 <i>Individual retreats ends</i> <i>6-7:30 am: meditation</i>	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Notes:

*All activities in the Individual Retreat are optional. The Individual Retreat schedule is flexible and will be further developed in consultation with the individual retreat participants.

**Individual retreat group gatherings are optional and may include: small groups, inquiry groups, study groups or elementals practice. Groups to be confirmed in consultation with individual retreat participants.