

India Sat Weekend Schedule (Indian Standard Time)

February 10-12, 2023

Day 1

Friday, February 10

6:00 pm – 8:00 pm

Introductions, Orientation, Retreat Manual

Day 2

Saturday, February 11

6:00 am – 7:30 am

Silent Sitting with Sat Shree

11:00 am – 12:30 pm

Silent Sitting (facilitator-led)

4:00 pm – 5:30 pm

Silent Sitting with Sat Shree

8:00 pm – 10:00 pm

Talk with Sat Shree

Day 3

Sunday, February 12

6:00 am – 7:30 am

Silent Sitting with Sat Shree

11:00 am – 1:00 pm

Completion