

## Thursday, May 16

06:00 - 06:30 am	Exercise/Breathing (optional)
06:30 - 08:00 am	Silent Meditation
08:15 - 09:00 am	Breakfast
09:00 - 09:30 am	Registration
09:30 - 10:30 am	Discourse
10:45 - 12:15 pm	1st Kriya Meditation (Guided)
12:30 pm	Lunch followed by study and rest
03:30 - 04:30 pm	Chanting and Q&A
05:30 - 07:30 pm	Evening Discourse at Univ. of St. Francis, Joliet Topic - " <b>How to bring joy where there is sadness</b> "
07:45 pm	Dinner and clean-up

## Friday, May 17

06:00 - 06:30 am	Exercise/Breathing (optional)
06:30 - 08:00 am	1st Kriya Meditation (Guided)
08:15 - 09:00 am	Breakfast
09:30 - 10:30 am	Discourse
10:45 - 12:15 pm	1st Kriya Meditation (Guided)
12:30 pm	Lunch followed by study and rest
03:30 - 04:00 pm	Chanting
04:00 - 05:00 pm	Discourse
05:15 - 07:00 pm	1st Kriya Meditation (Guided)
07:15 pm	Dinner and clean-up

## Saturday, May 18

(Full Moon Day)

06:00 - 06:30 am	Exercise/Breathing (optional)
06:30 - 08:00 am	1st Kriya Meditation (Guided)
08:15 - 09:00 am	Breakfast
09:00 - 12:15 pm	Special ceremony to celebrate Birthday of Paramahansa Hariharananda
12:30 pm	Lunch followed by study and rest
5:30 - 7:30 pm	Evening Discourse at Sri Venkateswara Swami (Balaji) Temple, Aurora. Followed by dinner. Topic - " <b>Simple steps for inner peace</b> "

## Sunday, May 19

06:00 - 06:30 am	Exercise/Breathing (optional)
06:30 - 08:00 am	1st Kriya Meditation (Guided)
08:15 - 09:00 am	Breakfast
09:30 - 10:30 am	Discourse
10:45 - 12:15 pm	1st Kriya Meditation (Guided)
12:30 pm	Lunch followed by study and rest
05:15 - 07:00 pm	1st Kriya Meditation (Guided)
07:15 pm	Dinner and clean-up