

## River of Compassion: Life of a Yogi

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| <p><b>Thursday, May 14</b></p> <p>6 am - Yoga and Stretching (30 mins)<br/>         6.30 am - Meditation (1.5hr)<br/>         8.15 am – Breakfast<br/>         9 am - Registration/Arrival<br/>         9:30 am – Light lamp, and Discourse (1hr)<br/>         11 am - Guided Meditation (1<sup>st</sup>) (1.15 hr.)<br/>         12:30 pm - Lunch Prasad followed by rest.<br/>         3.30 pm – Discussions and Q&amp;A on practice (45 mins)<br/>         4:15 pm – Walk and Break<br/>         5.00 pm – Discourse from Guru ji (1hr)<br/>         6:20 pm- Guided Meditation &amp; Arati (1hr)<br/>         7:30 pm - Dinner Prasad</p> | <p><b>Friday, May 15</b></p> <p>6 am - Yoga and Stretching (30 mins)<br/>         6.30 am - Meditation (1.5hr)<br/>         8.15 am – Breakfast<br/>         9:30 am –Discourse (1hr)<br/>         11 am - Guided Meditation (1<sup>st</sup>) (1.15 hr.)<br/>         12:30 pm - Lunch Prasad followed by rest.<br/>         3.30 pm - Discussions and Q&amp;A on practice (45 mins)<br/>         4:15 pm – Walk and Break<br/>         5.00 pm – Discourse from Guru ji (1hr)<br/>         6:20 pm- Guided Meditation &amp; Arati (1hr)<br/>         7:30 pm - Dinner Prasad</p> |
| <p><b>Saturday, May 16</b></p> <p>6 am: Yoga and Stretching (30 mins)<br/>         6.30 am - Meditation (1.5hr)<br/>         8.15 am – Breakfast<br/>         9:00 am – Silent Meditation (1 hr.)<br/>         10:15 am – Singing and Kirtan<br/>         11 am – Q&amp;A by Guruji followed by blessings<br/>         12:30 pm - Lunch Prasad with Guruji</p>  | <p><b>Saturday, May 16 – Afternoon</b></p> <p><b>4 pm: River of Compassion: a Sacred musical offering</b><br/> <b>5:30 pm</b> – Blessings message from Guruji followed by short meditation and greetings (45 mins)<br/> <b>6:30 pm</b> – Dinner Prasad</p>  |
| <p><b>Sunday, May 17 (Day of Tapas. Silence is encouraged from 6 am – 6 pm except the discussion hours)</b></p> <p>6 am - Yoga and Stretching (30 mins)<br/>         6.30 am - Meditation (1.5hr)<br/>         8.15 am – Breakfast<br/>         9:00 am – Discussion: How to do extended meditation ?<br/>         9.30 am - Meditation (2.5 hr.)<br/>         12:30 pm - Lunch Prasad<br/>         3 pm – Meditation (1.5 hr.)<br/>         4:30 pm – Walk and Break<br/>         6:00 pm- Meditation (1 hr.)<br/>         7:30 pm - Dinner Prasad</p>   | <p><b>Monday, May 18</b></p> <p>6 am - Yoga and Stretching (30 mins)<br/>         6.30 am - Meditation (1.5hr)<br/>         8.15 am – Breakfast<br/>         9:30 am – Silent Meditation (1 hr.)<br/>         11:30 am – Conversation with Shri Guruji<br/>         12:30 pm - Lunch Prasad followed by rest<br/> <b>4:00 pm – Arrival at the park for nature walk (Herrick Lake Forest Preserve)</b><br/>         6:30 pm- Guided Meditation &amp; Arati (1hr)<br/>         7:30 pm - Dinner Prasad</p>  |