

**VRAJ ADULT RETREAT
SAMPLE DAILY SCHEDULE**

ACTIVITY	TIME	LOCATION/TASK(S)
WAKE UP	6:00AM	
STRECHING EXERCISE	6:45AM – 6:55AM	CAMPGROUND
VRAJ PARIKRAMA	6:55AM – 7:15AM	VRAJ, GIRIRAJJI, YAMUNAJI
YAMUNAJI ARTI	7:15AM – 7:20 AM	VISRAM GHAT
DARSHAN	7:30AM – 7:45AM	HAVELI
YOGA /MEDITATION	7:45AM – 8:30AM	SATSANG HALL, HAVELI
BREAKFAST	8.30AM - 9.10AM	CAFETERIA
GET READY TIME	9:15AM – 10:15AM	
DARSHAN	10:30AM- 10:40AM	HAVELI
LECTURE / DISCUSSION	10:30AM-12:30AM	SATSANG HALL, HAVELI
DARSHAN	12:30 PM-01:00PM	HAVELI
LUNCH	1.00PM-1:30 PM	ANUGRAH
FREE TIME 1:30PM-3:00PM		
AFTERNOON ACTIVITY I (ART & CRAFT, GAMES, READING, OUTING)	3:00PM-5:00PM	KRISHNA KRIPA HALL
TEATIME	5:00PM – 5:30PM	KRISHNA KRIPA KITCHEN
AFTERNOON ACTIVITY II (SPORTS, OPEN FORUM, READING, OUTING)	5:30PM-6:30PM	KRISHNA KRIPA HALL
DARSHAN	6:30PM-7:00PM	HAVELI
YAMUNAJI ARTI	7:15PM	
DINNER	7:30PM-8:30PM	ANUGRAH
CAMP FIRE, SATSANG (Raas, Garba, Dance)	8.30PM-10:30 PM	KRISHNA KRIPA HALL
LIGHTS OFF FOR EVERY BODY	11.00PM-6.00AM	