

**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-3:30PM | | |
| AFTERNOON ACTIVITY I (ART & CRAFT, GAMES, READING, OUTING) | 3:30PM-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 | |