

*Self-Realization Fellowship – Sacramento Regional Retreat*  
**2023 Retreat Program**

**Friday**

- 4:30** Check in at Reception Table in Redwood Lodge  
**6:30** ***Silence begins***  
Dinner  
**7:45** Class (chapel)  
**9:00** Optional unled meditation (chapel)

**Saturday**

- 7:00** Group Energization Exercises and meditation (dining room patio & chapel)  
**8:00** Breakfast  
**9:15** Kriya Class (chapel) – separate class for non-Kriyabans (location TBA)  
**10:15** Free time  
**11:15** Meditation (chapel)  
**12:15** Lunch & free time  
**2:00** Satsanga (chapel)  
**3:00** Group photo  
**4:00** Group Energization Exercises and meditation with Kirtan (dining room patio & chapel)  
**6:15** Dinner  
**7:30** Sri Daya Mata video presentation (chapel)  
**8:30** Fellowship by the fireplace (Redwood Lodge)  
*(Gather in silence for tea and spiritual reading, journaling or introspection.)*

**Sunday**

- 7:30** Light Breakfast & Free Time  
**9:00** Group Energization Exercises and long meditation with Kirtan (dining room patio & chapel)  
**12:15** Lunch  
***Silence ends AFTER lunch** (Silence is to be maintained in the dining room until after lunch. Quiet conversation permitted on the outside tables.)*  
**1:30** Closing class and video (chapel)  
**2:30** Farewells and departure

Please note that if you are interested in counseling, please call Mother Center. Kriya checks will be available after the Kriya class for those interested.