



MOUNT MADONNA

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46TH ANNUAL LIBERATION RETREAT WISDOM OF ACCEPTANCE - *THE JEWEL OF SANTOSHA* JULY 3 - JULY 7, 2024 SCHEDULE*

WEDNESDAY, JULY 3

3:00 - 5:30 p.m.	Arrivals & Check-in	Onsite
5:15 - 6:15	Dinner	
6:00 - 7:00	<i>Arati</i> (ritual of light)	Livestream & Onsite
7:00 - 7:15	Informal Social Time	Online & Onsite
7:15 - 8:30	Welcome Gathering	Hybrid

THURSDAY, FRIDAY & SATURDAY, JULY 4 - 6

5:45-6:45 a.m.	<i>Shat Karma</i> (cleansing practices)	Onsite
6:00 - 7:00	<i>Arati</i> (except Saturday begins 6:30 a.m.)	
7:00 - 8:30	<i>Pranayama</i> (breathing practices)/Meditation	Online & Onsite
8:45 - 10:00	<i>Asana</i> (Yoga postures) - Various levels	Hybrid & Onsite
10:00 - 11:00	Brunch	
12:00 - 1:00 p.m.	Midday Options TBA	Online & Onsite
1:00 - 1:30	Break	
1:30 - 3:00	Afternoon Session on the Theme	Hybrid
3:00 - 3:30	Break	
3:30 - 5:00	<i>Asana</i>	Hybrid & Onsite
<i>or</i>		
4:00 - 5:00	Meditation	Online & Onsite
5:15 - 6:15	Dinner Break	
6:00 - 7:00	<i>Arati</i>	Livestream & Onsite
7:00 - 9:00	Evening Program	Hybrid

SUNDAY, JULY 7

7:00 - 10:00	<i>Yajna</i> (fire ceremony) + <i>Arati</i>	Livestream & Onsite
10:00 - 11:00	Brunch	
11:30 - 12:30 p.m.	Closing Gathering	Hybrid

*Schedule subject to change.