



# MOUNT MADONNA

445 Summit Road, Watsonville, CA 95076 · (408) 847-0406 · [www.mountmadonna.org](http://www.mountmadonna.org)

## SCHEDULE\* FOR GOING DEEPER: A FOCUSED MEDITATION RETREAT

### Wednesday

- 4:00 pm Registration in the Guest Services Office
- 5:30 pm Dinner
- 7:00 pm Opening Circle: orientation; introductions, & intention setting

### Thursday, Friday, & Saturday

- 5:00 a.m. Wake up and personal cleansing practices
- 5:30 a.m. Warm-ups
- 6:00 a.m. Morning *Sādhana*: *Dhyāna Anuṣṭhāna* - ritual practice of *prāṇāyāma* & meditations
- 9:30 a.m. *Āsana*
- 10:45 a.m. Break
- 11:00 a.m. Morning meal
- 12:00 p.m. Personal time: reading, personal practice, *likhita japa*, free time, etc.
- 2:00 p.m. Afternoon *Āsanas*: Forgiveness Asana Series or Restorative Asanas
- 3:30 p.m. Break
- 4:00 p.m. Early evening *sādhana*: Vedic prayers, *prāṇāyāma*, & meditation
- 5:30 p.m. *Ārati* (ritual of light) & *kīrtan* (devotional singing)
- 6:00 p.m. Evening Meal
- 7:15 p.m. Mantra, Singing, and Stories
- 8:45 p.m. Closing & Bedtime

### Sunday

- 5:30 a.m. Warm-ups
- 6:00 - 10:30 a.m. *Dhyāna Anuṣṭhāna* & *Āsanas*: Same morning schedule as above
- 11:00 a.m. Morning Meal
- 12:00 p.m. Closing Circle
- 12:30 - 1:00 p.m. Program ends after Closing Circle

*\*Schedule subject to change. Registrants will be notified of the updated schedule.*

Meals: After Thursday's dinner in the Community Building, all meals will be taken in the Seminar House in order to provide opportunity for "going deeper."

To honor the intention of this program, we ask that you observe all of the disciplines while in the Seminar House building. It is your choice to skip a session or leave early.

*May your experience be nourishing and rewarding!*