



MOUNT MADONNA

445 Summit Road, Watsonville, CA 95076 · (408) 847-0406 · www.mountmadonna.org

GOING DEEPER RETREAT SCHEDULE FEBRUARY 25 - MARCH 1, 2026

Wednesday February 25, 2026

- 3:00 p.m. Registration in the Programs Office
- 5:15 p.m. Dinner in the Community Building**
- 7:15 p.m. Opening Circle: Orientation; Introductions, Intention Setting

Thursday, Friday, & , Saturday, February 26–28, 2026

- 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. Āsanās
- 10:45 a.m. Break
- 11:00 a.m. Morning Meal
- 12:00 p.m. Personal Time: Reading, Personal Practice, Likhita Japa, Free Time)
- 2:00 p.m. Afternoon Āsanās (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 (devotional ritual) & Kīrtan
- 6:00 p.m. Evening Meal
- 7:15 p.m. Mantra, Singing, and Stories
- 8:45 p.m. Closing & Bedtime

Sunday, March 1, 2026

- 5:30 a.m. Warm-ups
- 6:00 a.m. Morning Sādhana: Dhyāna Anuṣṭhāna - Ritual practice of Prāṇāyāma & Meditations
- 11:00 a.m. Morning Meal
- 12:00 p.m. Closing Circle
- 1:00 p.m. Program Closes & Check Out
- 2:00 p.m. Departure

****Schedule subject to change and participants can expect to receive notice.***

*****Program Sessions & Meals after Thursday night dinner, in the Community Building, will be in the Seminar House in order to provide seclusion for "going deeper."***