

## ‘SAHAJ MARG’ RAJA YOGA MEDITATION’ AUTUMN SPRING RETREAT 9th, 10th and 11th October 2010 Tentative Schedule and Additional information

18th September 2010	19th September 2010	20th September 2010
Arrival : 1.00 pm and Room Allotment	Group Meditation : 7.30 am	Breakfast : 7.30 am
General Introduction : 1.30 -2.00 pm	8.30 am : Breakfast	8.30 am : Meditation in the woods
Group Meditation : 2.00 pm	10.00 -12.00 pm : Study Session 2 (Cleaning) 12.00 pm : Lunch	9.30 - 11.00 pm : Study Session 3 Importance of Guide in Spiritual Practice
Study Session 1 : 3.00- 4.45 pm (Introduction to basics of Sahaj Marg)	2.30 - 4.30 pm - Study Session 3 Walking and Self introspection	12.00 noon : Departure
5.00 pm : Open house for residents of Neba city		
6.30 pm : Dinner	5.00 pm : Group Meditation 6.30 pm : Dinner	
7.30 - 8.30 pm : Onsen	7.30 - 8.30 pm : Onsen	
9.00 pm : Universal Prayer	9.00 pm : Universal Prayer	

### Additional information :

- We are likely to have an open house for the residents of this Neba town on the 1st day at 5.00 pm.
- Children are most welcome to come for this retreat. Tennis court has been booked on both the days for Children. Sufficient open space is available for children to play. Kitchen is available for parents with small needling facility to heat up milk etc.
- Two Session will be held at the nearby Basket ball court.
- Please maintain the rules and regulations of the place. Maintain cleanliness and silence at all times. We will explain all the Japanese rules and regulations during the introduction.
- Dormitory type accommodation with Futons and sheets will be provided.
- We will be simple vegetarian food at the venue. We will request for volunteers from time to time for cooking, cleaning.
- Weather is likely to be pleasant (Max 28 and minimum 15) being Autumn season. The facility will have futons (Beds and Sheets).
- Please bring your own bath towels and tooth brush.
- There will be only a common bathroom called onsen at this facility. No separate shower is available.
- There is no facility for washing clothes. Garbage segregation will be explained and has to be strictly followed.