



## **Friday**

### **Opening Ceremony**

Meet and Greet 6-7 pm

Drinks and hors d' oeuvres

Get to know each other

Games

## **Saturday**

Sunrise Meditation 6:30-7:00am

Morning Asana 7:30-8:30am

Personal Hygiene 8:30-9am

Breakfast and Cleanup 9-10am (Eggs, Biscuits and Gravy)

Purification Ritual

## **Lecture**

Meaning of Karma 11am

Hinduism vs Buddhism

Doctrine of Karma Part I

Doctrine of Karma Part II

Questions and Answers



We will break for Lunch 1pm (tuna salad or egg salad croissants)

Afternoon Water Fitness 3:30pm weather permitting

Dinner and Clean up 6:30pm (Chicken and Dumplings)

Doctrine of Karma Part III 8pm

Questions and Answers

Gentle flow Yin Yoga/ Guided Meditation 9:30pm

Close

## **Sunday Day of Silence**

Morning Asana 7am

Personal Hygiene 8am

Brunch 10am (assorted breakfast and lunch items rolls fruit ect.)

Depart 1pm

Please bring sheets, blankets and pillows or a sleeping bag will work. Personal toiletries, swim wear and towel. Should you have special needs for food please bring what you would enjoy to eat. Times and menus are subject to change. Phone for more information 517 439-9357 I am looking forward to a fun and enjoyable event.