



**11-11-11**

**Yantra-Mantra-Tantra**

**SATYA Foundation Retreat**

## **Program**

### **Thursday 10.11.11**

5.30pm      Guru Havan  
6.30         Dinner  
7.30         Welcome + kirtan

### **Friday 11.11.11**

5.00am      Wake Up Call  
5.30         Morning Class & Morning Mantra chanting  
7.15         Breakfast  
7.45         Karma Yoga – mindfulness in action  
9.30         Welcome to the event + intro to SATYA  
10.30        Morning Tea  
11.00        Ganesh Stotram + Durga Mantras  
               Kirtan begins with Ganesh kirtan and continues until 11.00pm  
12.00pm     Lunch

**Bookshop is Open**  
**Library is Open**  
**SATYA Stall is Open**  
**Chai tent is Open**

2.00         Afternoon Tea  
5.30         Devi Havan  
6.30         Dinner  
11.00        Kirtan Ends ---> Abishek

## **Saturday 12.11.11**

|         |   |  |
|---------|---|--|
| 5.00am  | Wake Up Call  |  |
| 5.30    | Morning Class & Morning Mantra Chanting                         |  |
| 7.15    | Breakfast   |  |
| 7.45    | Karma Yoga – mindfulness in action 1/2hr of group participation |  |
| 9.30    | Session   | <b>Options are:</b>                              |
|         |   | SATYA's ॐ Banner OR SRI Yantra [Jyoti Mandir]    |
|         |   | Bush Mandala – sticks, stones + leaves. [Bush]   |
|         |   | Movement Mandala (Courtney + Phoebe) [Lawn area] |
|         |   | Kirtan Class [Upper sadhana]                     |
| 11.00   | Morning Tea   |  |
| 11.30   | Yoga Nidra  |  |
| 12.00pm | Lunch   |  |
|         | <b>Bookshop is Open</b>   |  |
|         | <b>Library is Open</b>  |  |
|         | <b>SATYA Stall is Open</b>                                      |  |
| 2.00    | Afternoon Tea   |  |
| 3.00    | Tantric Teachings + Q & A                                       |  |
| 5.30    | Mahamrityunjaya & Havan   |  |
| 6.30    | Dinner  |  |
| 7.30    | Kirtan  |  |

## **Sunday 13.11.11**

|        |   |  |
|--------|---|--|
| 5.00am | Wake Up Call  |  |
| 5.30   | Morning Class & Morning Mantra Chanting                         |  |
| 7.15   | Breakfast   |  |
| 7.45   | Karma Yoga – mindfulness in action 1/2hr of group participation |  |
| 9.30   | Bhajan & Kirtan   |  |
| 11.00  | Morning Tea   |  |
| 11.30  | Yoga Nidra  |  |
| 12.00  | Lunch and Farewell Blessing                                     |  |

**Hari Om - Thank you for attending the SATYA retreat**