

MAN-tra Retreat Schedule October 5-7 New Vrindavana

Friday, October 5th (Ekadasi)

10 AM - 8 PM	Registration @ Visitors Center
1 PM	Lunch (Community Hall)
2:30 PM - 3:45 PM	Opening Session and Welcome! (Yoga Shala)
4 PM - 6:15 PM	Seva & Sanga
6:30 PM	Kirtan Walk with Bhaktimarga Swami
7:30 PM	Prasadam at The Palace
8:15PM	Bonfire and Kirtan at The Palace
9:15 PM	Torchlight Harinam

Saturday, October 6th

5 AM - 9 AM	Temple Program
5:45 AM - 6:45 AM	Yoga for Men (Yoga Shala)
8 AM	Bhagavatam Class
9 AM	Breakfast (Community Hall)
10 AM -11:30 AM	Plenary with Professor Burke Rochford: The Role of Men in ISKCON -- Lessons Learned and Questions Raised (Yoga Shala)
11:30 AM	Break
11:45 AM	The Lighter Side with Yadunath
12 PM - 1:30 PM	Panel: Being Yourself in Krishna's Service
1:30 PM	Lunch (Community Hall)

2:30 PM - 4 PM	Workshop Options: (A) The Ability in Man: How to Find Your Style! (Yoga Shala) (B) The Matter of Spirit: Harmonizing Worldly & Spiritual Pursuits (Location TBD)
4 PM - 5:45 PM	Sports & Sanga
6 PM - 7 PM	Dinner (Community Hall)
7 PM	Arati
7:30 PM - 9:30 PM	Drama with Bhaktimarga Swami (Yoga Shala) Comedy with Yadunath Story-Telling with Sankirtana Kirtan with Gaura Vani & Friends

Sunday, October 7th

5 AM - 9 AM	Temple Program
5:45 AM - 6:45 AM	Yoga for Men (Yoga Shala)
8 AM	Bhagavatam Class
9 AM	Breakfast (Community Hall)
10 AM - 11:30 AM	Plenary: Navigating The Male Female Paradox (Yoga Shala)
11:30AM	MAN-tra Group Photo
12:00 PM - 1:30 PM	Plenary: Grow Stronger Through Challenges -- The Kurukshetra in Our Lives
1:30 PM - 2:15 PM	MAN-tra Retreat: Moving Forward
2:15 PM	MAN-tra Sunday Feast (Community Hall)
3 PM	Departure