



# SATURDAY, OCT 9 (EDT)

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6:00 – 6:15 AM	21 OMS, SUPRABHATAM
6:15 – 6:45 AM	JYOTHI MEDITATION FOLLOWED BY SILENT SITTING
6:45 – 7:00 AM	BREAK
7:00 – 8:00 AM	YOGA
8:00 – 9:00 AM	BREAKFAST
9:00 – 9:30 AM	MULTI-FAITH PRAYERS AND DEVOTIONAL SINGING
9:30 – 10:45 AM	GUEST SPEAKER – BROTHER ARAVIND BALASUBRAMANYA
10:45 AM – 12:00 PM	COMMUNE WITH NATURE / MINDFUL NATURE WALK
12:00 – 1:00 PM	LUNCH
1:00 – 1:35 PM	GAYATRI CHANTING
1:35 – 2:30 PM	SERVICE ACTIVITY
2:30 – 2:45 PM	BREAK
2:45 – 3:45 PM	CONTEMPLATIVE PERSONAL TIME
3:45 – 4:45 PM	Q & A WITH GUEST SPEAKER
4:45 – 5:00 PM	ARATHI AND CLOSING PRAYERS



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