

Meditation Retreat Schedule for Kirpal Ashram in Langley, B.C. Canada
(Pacific Standard Time)

Saturday

- 3:00 – 5:00 A.M. Meditation
- 5:00 – 6:00 A.M. Meditation in Sant Ji’s Room for small groups or in the hall.
- 6:00 – 6:30 A.M. Tea break
- 6:30 – 7:30 A.M. Meditation in Sant Ji’s Room for small groups or in the hall.
- 7:30 – 8:30 A.M. Satsang
- 8:30 – 9:30 A.M. Breakfast
- 9:30 – 10:30 A.M. Seva or free time
- 10:30 – 11:30 A.M. Meditation
- 11:30 – 1:00 P.M. Satsang
- 1:00 – 2:00 P.M. Lunch
- 2:00 – 3:00 P.M. Seva or free time
- 3:00 – 3:30 P.M. Bhajan singing session
- 3:30 – 4:30 P.M. Meditation
- 4:30 – 6:00 P.M. Satsang
- 6:00 – 7:00 P.M. Light Dinner
- 7:00 – 9:00 P.M. Seva or free time
- 9:00 P.M. Silence and Simran