



Where East Meets West Retreat
Campfire in the Heart, Alice Springs, NT
June 7 - 9, 2024

FRIDAY

3 – 4 PM: Check in

5:00 PM – 6:00 PM Afternoon Yoga

6:00 – 6:30 PM Guided meditation with (TBA)

6:30 PM - 7:30 PM Dinner

7:30 PM - 9:00 PM East Meets West - Introductory session. Jesus Christ and Paramhansa Yogananda: Christianity and Yoga - One Divine message, two God-realized Masters, two distinct eras of spiritual evolution.

**Silence is observed from 9pm until 9am*

SATURDAY

7:00 AM - 8:00 AM Morning Yoga

8:00 AM – 8:30 AM Guided meditation (Bhakti)

8:30 AM – 9:15 AM Breakfast (in silence until 9am)

Free time

10:30 - 12:00 PM Similar teachings in The Bible & The Bhagavad Gita.

12:00 - 12:30 PM Guided Meditation (Bhakti)

12:30 - 1:30 PM Lunch

2:30 – 4:00 Christianity and Yoga in Practice. The Path of Kriya Yoga: the lineage, teachings and techniques of Paramhansa Yogananda.

Free time

4:30 – 6:30 Ananda Yoga Sadhana with Bhakti (includes 30 minutes guided meditation)

6.30 Dinner

7:30 Evening Program – Kirtan, devotional chanting from east and west.

**Silence is observed from 9pm until 9am*

SUNDAY

6:30 – 8:30 Ananda Yoga Sadhana with Bhakti (includes 30 minutes guided meditation)

8:30 AM – 9:15 AM Breakfast (in silence until 9am)

Packing, getting ready for checking out after lunch.

10:30 AM – 12:00 PM Swami Kriyananda and Ananda, continuing the mission. Resources for the Self-realization, discussion, sharing, final thoughts from the weekend.

*12:00 - 12:30 PM Meditation with Bhakti

12:30 - 1:30 PM Lunch

1:00 - 1:30 PM Closing Circle and Blessing for our group (Go with Love!)

2:00 – Check out and departure for Airport, etc

Go with Love,
May Joyful Blessings
Speed you safely on your way.
May God's light expand within you,
May we be One in that light someday.

(Swami Kriyananda)

