

SoulConnect Retreat

Daily schedule

15th March - Arrive Rishikesh and check-in to Maayaa Inn

16th March – Rest day

6:00 – 7:00 Dinner

Welcome to the retreat and housekeeping

17th March Day 1 Tuesday

6:45am Opening ceremony and Meditation (Swarmi Amarna, Shanta, Brahmachari Nitin)

8:00am Yoga

9:15am – Breakfast

10:15am – 10:30am Meet

10:30 – 3:00 Water ceremony, Ganga, Letting Go

Exploring markets Ram Jhula, Laxman Jhula

3:00 – 4:00 Rest time/Journal/Read

4:00 – 5:00 Meditation and Pranayama (Brahmachari)

5:00 – 6:00 Walking meditation Ganges (silent) Reiki (Shanta)

6:00 – 7:00 Dinner

7:45 – 8:45 Sound bath (Maayaa)

9:00 pm Rest

18th March Day 2 Wednesday

6:45am Meditation (Swarmi Amarna)

8:00am Yoga

9:15am Breakfast

10:15 – 10:30 Meet

10:30 – 3:00 Travel to Kanjapuri temple

3:00 – 4:00 Rest/Journal/Read

4:00 – 5:00pm Meditation and Pranayama
(Brahmachari Nitin)

5:00 – 6:00 Walking meditation along Ganges
(silent) Reiki healing (Shanta)

6:00 – 7:00 Dinner

7:45 – 8:45 Mantra chanting

9:00 Rest

19th March Day 3 Thursday

6:45 – 7:45 Meditation with Swarmi Amarna

8:00 – 9:00 Yoga

9:15 – 10:15 Breakfast

10:15 – 11:15 Vipassana (Shanta)

11:15 – 12:00 Break

12:00 – 1:00 Vipassana (Swami) Reiki healing
(Shanta)

1:00 – 2:00 Lunch

2:00 – 4:00pm Rest/Journal/Read

4:00 – 5:00 Make our way to Aarti ceremony

5:00 – 7:00 Aarti ceremony

7:30 – 9:00 Free time

20th March Day 4 Friday

6:45 – 7:45 Meditation with Swarmi Amarna

8:00 – 9:00 Yoga

9:15 – 10:15 Breakfast

10:15 – 11:15 Vipassana (Shanta)

11:15 – 12:00 Break

12:00 – 1:00 Vipassana (Swami)

1:00 – 2:00 Lunch

2:00 – 4:00pm Rest/Journal/Read

4:00- 5:00 Meditation and Pranayama (Brahmachari Nitin)

5:00 – 6:00 Walking meditation along Ganges (silent)
Reiki healing (Shanta)

6:00 – 7:00 Dinner

7:45 – 8:45 Sound bath (Maayaa)

9:00 Rest

21st March Day 5 Saturday

6:45 – 7:45 Meditation (Swarmi Amarna)

8:00 – 9:00 Yoga

9:15 – 10:15 Breakfast

10:15 – 11:15 Vipassana (Shanta)

11:15 – 12:00 Break

12:00 – 1:00 Vipassana (Swami)

1:00 – 2:00 Lunch

2:00 – 4:00pm Rest/Journal/Read

4:00 – 5:00 Meditation and Pranayama
(Brahmachari Nitin)

5:00 – 6:00 Dinner

6:00 – 7:00 Walk to Laxman Jhula

7:00 Kirtan at Laxman Jhula

22nd March Day 6 Sunday

6:45 – 7:45 Meditation (Swarmi Amarna)

8:00 – 9:00 Yoga

9:15 – 10:15 Breakfast

10:15 – 10:30 Meet

10:30 – 3:00 Trip to waterfall, picnic lunch

3:00 – 4:00 Rest/Journal/Read

4:00 – 5:00 Meditation and Pranayama
(Brahmachari Nitin)

5:00 – 6:00 Walking meditation along Ganges
(silent) Reiki healing (Shanta)

6:00 – 7:00 Dinner

7:45 – 8:45 Sound bath (Maayaa)

9:00 Rest

23rd March, Day 7 Monday

6:45 – 7:45 Meditation (Swarmi Amarna)

8:00 – 9:00 Yoga

9:15 – 10:15 Breakfast

10:15 – 10:30 Meet

10:30 – 5:00 Walk to Muni Baba cave (Brahmachari Nitin)

5:00 – 6:00 Rest/Journal/Read

6:00 – 7:00 Dinner

7:45 – 8:45 Sound bath (Maayaa)

9:00 Rest

24th March, Day 8 Tuesday

6:45 – 7:45 Meditation (Swarmi Amarna)

8:00 – 9:00 Yoga

9:15 – 10:15 Breakfast

10:15 – 10:30 Meet

10:30 – 3:00 Temple visit with Brahmachari Nitin

3:00 – 4:00 Rest/Journal/Read

4:00 – 5:00 Meditation (Brahmachari Nitin)

5:00 – 6:00 Walking meditation along Ganges
(silent)

6:00 – 7:00 Dinner

7:45 – 8:45 Mantra music

9:00 Rest

25th March, Day 9 Wednesday

6:45 – 7:45 Meditation (Swarmi Amarna)

8:00 – 9:00 Yoga

9:15 – 10:00 Breakfast

10:00 Meet

10:00 – 5:00 Excursion to Devprayug

5:00 – 6:00 Walking meditation along Ganges or rest

6:00 – 7:00 Dinner

7:45 – 8:45 Sound bath (Maayaa)

9:00 Rest

26th March, Day 10 Thursday

6:45 – 7:45 Meditation (Swarmi Amarna)

8:00 – 9:00 Yoga

9:15 – 10:15 Breakfast

10:15 – 10:30 Meet

10:30 – 3:00 Making your own mala, Laxman Jhula

Lunch

Setting forward intentions, Water ceremony, Ganga

3:00 – 4:00 Rest/Journal/Read

4:00 – 5:00 Meditation and Pranayama (Brahmachari Nitin)

5:00 – 6:00 Walking meditation Ganges (silent)

6:00 – 7:00 Dinner

7:45 – 8:45 Diamond Light Meditation (Shanta)

Close retreat

9:00 Rest

27th March, Check out

