

Kriya Young Adults Christmas Retreat 2025

Chicago Ashram

Wednesday, December 17th, 2025

05:00 PM – Arrival, accommodation arrangements	
06:00 PM – Welcoming	Meditation Hall
06:30 PM – Guided Meditation	Meditation Hall
08:15 PM – Dinner	Dining Hall

Thursday, December 18th, 2025

05:30 AM – Yogasanas (Optional)	Meditation Hall
06:00 AM – Guided Meditation	Meditation Hall
07:30 AM – Breakfast	Dining Hall
08:15 AM – Lunch preparation/ Seva	Kitchen
09:30 AM – Class 1 (The Lord's Prayer)	Meditation Hall
10:30 AM – Break (or Cooking)	x
11:00 AM – Guided Meditation	Meditation Hall
12:30 PM – Lunch	Dining Hall
01:00 PM – Rest	x
02:30 PM – Group Walk	Meet at the entrance
03:15 PM - Seva	
04:30 PM - Christmas Carols (Rehearsal)	Meditation hall
05:00 PM – Group Discussion (Satsangh)	Meditation Hall
06:10 PM – Chanting	Meditation Hall
06:30 PM – Guided Meditation	Meditation Hall
08:15 PM – Dinner	Outside of the Meditation Hall
09:00 PM – Evening Prayers	Meditation Hall

Friday, December 19th, 2025

05:30 AM – Yogasanas (Optional)	Meditation Hall
06:00 AM – Guided Meditation	Meditation Hall
07:30 AM – Breakfast	Dining Hall
08:15 AM – Lunch preparation/ Seva	Kitchen
09:30 AM – Class 2 (The Lord's Prayer)	Meditation Hall
10:30 AM – Break (or Cooking)	x
11:00 AM – Guided Meditation	Meditation Hall
12:30 PM – Lunch	Dining Hall
01:00 PM – Rest	x
02:30 PM – Group Walk	Meet at the entrance
03:15 PM - Seva	
04:30 PM - Christmas Carols (Rehearsal)	Meditation hall
05:00 PM – Group Discussion (Satsangh)	Meditation Hall
06:10 PM – Chanting	Meditation Hall
06:30 PM – Guided Meditation	Meditation Hall
08:15 PM – Dinner	Outside of the Meditation Hall
09:00 PM – Evening Prayers	Meditation Hall

Saturday, December 20th, 2025

05:30 AM – Yogasanas (Optional)	Meditation Hall
06:00 AM – Guided Meditation	Meditation Hall
07:30 AM – Breakfast	Dining Hall
08:15 AM – Lunch preparation/ Seva	Kitchen
09:30 AM – Class 3 (The Lord's Prayer)	Meditation Hall
10:30 AM – Break (or Cooking)	x
11:00 AM – Guided Meditation	Meditation Hall
12:30 PM – Lunch	Dining Hall
01:00 PM – Rest	x
02:30 PM – Group Discussion	Meet at the entrance
03:30 PM - Rehearsals	Meditation Hall
04:00 PM - Christmas Caroling Door to Door	Neighborhood
06:15 PM – Chanting	Meditation Hall
06:30 PM – Guided Meditation	Meditation Hall

08:15 PM – Dinner	Outside of the Meditation Hall
09:00 PM – Evening Prayers	Meditation Hall

Sunday, December 21st, 2025

05:30 AM – Yogasanas (Optional)	Meditation Hall
06:00 AM – Guided Meditation	Meditation Hall
07:30 AM – Breakfast	Dining Hall
08:15 AM – Lunch preparation	Kitchen
10:30 AM – Sunday Discourse	Meditation Hall
11:00 AM – Guided Meditation	Meditation Hall
12:15 PM – Lunch	Dining Hall
01:00 PM – Rest	Meditation Hall