

## Kriya Young Adults 2025 Retreat at Miami Ashram

### Make Me an Instrument of Thy Peace

#### Wednesday, July 30th, 2025

05:00 PM – Arrival, accommodation arrangements	Book store
06:00 PM – Welcoming	Meditation Hall
06:30 PM – Guided Meditation	Meditation Hall
08:15 PM – Dinner	Outside of the Meditation Hall

#### Thursday, July 31st, 2025

05:30 AM – Yogasanas (Optional)	Meditation Hall
06:00 AM – Guided Meditation	Meditation Hall
07:30 AM – Breakfast	Outside of the Meditation Hall
08:15 AM – Lunch preparation/ Seva	Mother's Kitchen (Big Kitchen)
09:30 AM – Class 1 [Swami Chidrupananda - Make Me an Instrument]	Meditation Hall
10:30 AM – Break (or Cooking)	x
11:00 AM – Guided Meditation	Meditation Hall
12:15 PM – Lunch	Outside of the Meditation Hall
01:00 PM – Rest	x
02:30 PM – Group seva	Meet in the Bookstore
05:00 PM – Group Discussion (Satsangh)	Meditation Hall
06:15 PM – Chanting	Meditation Hall
06:30 PM – Guided Meditation	Meditation Hall
08:15 PM – Dinner	Outside of the Meditation Hall
08:50 PM – Singing/Bhajans	Meditation Hall

**Friday, August 1st, 2025**

05:30 AM – Yogasanas (Optional)	Meditation Hall
06:00 AM – Guided Meditation	Meditation Hall
07:30 AM – Breakfast	Outside of the Meditation Hall
08:15 AM – Lunch preparation/ Seva	Mother's Kitchen (Big Kitchen)
09:30 AM – Class 2 [Swami Chidrupananda - Make Me an Instrument]	Meditation Hall
10:30 AM – Break (or Cooking)	x
11:00 AM – Guided Meditation	Meditation Hall
12:15 PM – Lunch	Outside of the Meditation Hall
01:00 PM – Rest	x
02:30 PM – Group seva	Meet in the Bookstore
05:00 PM – Group Discussion (Satsang)	Meditation Hall
06:15 PM – Chanting	Meditation Hall
06:30 PM – Guided Meditation	Meditation Hall
08:15 PM – Dinner	Outside of the Meditation Hall
08:50 PM – Singing/Bhajans	Meditation Hall

**Saturday, August 2nd, 2025**

05:30 AM – Yogasanas (Optional)	Meditation Hall
06:00 AM – Guided Meditation	Meditation Hall
07:30 AM – Breakfast	Outside of the Meditation Hall
08:15 AM – Lunch preparation/ Seva	Mother's Kitchen (Big Kitchen)
09:30 AM – Class 3 [Swami Chidrupananda - Make Me an Instrument]	Meditation Hall
10:30 AM – Break (or Cooking)	x
11:00 AM – Guided Meditation	Meditation Hall
12:15 PM – Lunch	Outside of the Meditation Hall
01:00 PM – Rest	x
02:30 PM – Group seva	Meet in the Bookstore
05:00 PM – Video: Shree Guruji in Assisi	Meditation Hall
06:15 PM – Chanting	Meditation Hall
06:30 PM – Guided Meditation	Meditation Hall
08:15 PM – Dinner	Outside of the Meditation Hall
08:45 PM – Singing/Bhajans	Meditation Hall

**Sunday, August 3rd, 2025**

05:30 AM – Yogasanas (Optional)	Meditation Hall
06:00 AM – Guided Meditation	Meditation Hall
07:30 AM – Breakfast	Outside of the Meditation Hall
08:15 AM – Lunch preparation	Mother's Kitchen (Big Kitchen)
09:00 AM – Second Kriya Guided Meditation (For those initiated)	Main Room (with all the pictures of masters from various religions)
09:00 AM – Group Seva (For those not initiated into Second Kriya)	Meet Outside of the Bookstore
10:30 AM – Sunday Discourse	Meditation Hall
11:00 AM – Guided Meditation	Meditation Hall
12:15 PM – Lunch	Outside of the Meditation Hall
01:00 PM – Young Adults Gathering. Exchange Ideas. Farewell.	Meditation Hall