



Young Jains of America

Federation of Jain Associations in North America

YJA Mid-Atlantic Retreat 2023	
Friday, March 3, 2023 - Day One	
5:30 PM - 7:00 PM	Arrival and Check-In (Icebreakers going on)
6:15 PM - 7:45 PM	Dinner: Indian
8:00 PM - 8:30 PM	Welcome to Retreat!!
8:30 PM - 9:30 PM	Session 1: Mini Games
9:30 PM - 9:45 PM	Break
9:45 PM - 10:45 PM	Session 2: Navigating Your Life With Principles
10:45 PM - 11:00 PM	Mountain Day Prep
11:00 PM - 11:45 PM	Hot Cocoa Night + Free Time
11:45 PM	Lights out
Saturday, March 4, 2023 - Day Two	
6:00 AM - 6:45 AM	Wake up & Get Ready!
6:45 AM - 7:45 AM	Breakfast
8:00 AM - 8:45 AM	Transportation to Montage Mountain
9:00 AM - 4:30 PM	Mountain Funnn! (Lunch Included)
4:30 PM - 5:00 PM	Transportation to Hotel
5:00 PM - 6:00 PM	Relax + Free Time, Meditation Session
6:00 PM - 7:15 PM	Session 3: Back to the Future
7:15 PM - 7:45 PM	Break
7:45 PM - 9:00 PM	Dinner: Thai
9:00 PM - 10:00 PM	Session 4: Escape the Galaxy
10:00 PM - 10:10 PM	Break
10:10 PM - 11:00 PM	Session 5: The Starry Night
11:30 PM Onwards	All Nighter!!
Sunday, March 5, 2023 - Day Three	
7:30 AM - 8:00 AM	Wake-Up Call, Pack, Bring your things down
8:00 AM - 9:30 AM	Breakfast
9:30 - 9:45 AM	Group Picture
9:45 AM - 11:30 PM	Pictures and Goodbyes :(

Schedule is subject to change at the Regional Coordinator's discretion