



March 20th-27th 2026

Anchored with mantra, meditation, and ritual, the core practice of this retreat is Loving Awareness. We practice seeing the Divine everywhere— in nature, in each other, and in ourselves— and we act in reverence to this Truth. In this way, we awaken from separation and into the heart of Love.

Days 1-3: Loving Awareness Retreat at Just Love Retreat Center

Day 1 - Friday

2:00pm Check-in begins

5:00pm Introductions, orientations, invocations

5:30pm Aarti/dinner

7:00pm Kirtan and talk

Day 2 - Saturday

7:30 Aarti, Hanuman Chalisa and chanting

8:30 Breakfast

9:30 Loving Awareness meditation and talk by Sitaram Dass

12:00pm lunch

1:00pm Forest Therapy with Bala

4:00pm Satsang Hang

5:30pm Aarti/dinner

7:00pm Kirtan and talk

***fireside satsang and community kirtan at night after official events end

Day 3 - Sunday

7:30 Hanuman Chalisa and Aarti

8:00 Breakfast

9:00 Talk on integration/ final Q&A

10:30 Mala ceremony

11:30 Sharing and send-off circle

Days 4-7: Forest Sadhana in the Just Love Nature Preserve

Sunday Afternoon

We will begin by walking into the forest to explore its many landscapes. Each participant will be invited to notice which aspects of nature speak most strongly to them: perhaps the wide horizon from a high ridge, the grounding presence of ancient boulders, the flow of water, or the shelter of a dense grove. By sensing the medicine and energy of different trees and terrains, each person will begin to discover the place that will become their personal site for practice. That evening we will return to base camp, where we will spend our first night together.

Day 4 - Monday

We will rise early at base camp and share breakfast before walking up the mountain to the deep part of the forest where our daily satsang gatherings will be held. After an early lunch together at the gathering site, participants will be guided to their personal areas of the forest. At each site, the essentials for a comfortable and simple stay will be waiting: a tent, mattress, sheets, pillows, towel, a small table and chair, a washing bowl, basic dishes, and a portable shower. With our tutorial and assistance, each participant will set up their own tent and space, establishing the foundation for their solo practice. The afternoon will be time to get oriented and settle in. Later in the day we will reconvene at the central satsang meeting point for a sharing circle and a meal together, before participants return to their sites for their first night in the forest.

Day 5 - Tuesday

At sunrise we will gather at a central location for satsang and the practice of **Relational Bhav** with Sitaram Dass. This is a practice of being together in silence to experience Divinity through the essence of relational connectivity. Parts of it will be unstructured sitting. Other parts will involve guided practices such as devotional chanting, eye gazing, or meditation. Then we depart for the forest for our daily sadhana.

At this gathering each participant will receive their food for the day before returning to their solo space for silent practice.

Day 6 - Wednesday

As on Tuesday, we will meet at sunrise for satsang and relational bhav. Meals for the day will be provided before participants return to their solitude, continuing in silence and attunement with the forest.

Day 7 - Thursday

On Thursday The Just Love staff will check in individually with participants midday and provide food at that time. We will gather in the evening at sunset for our final satsang in the forest with Sitaram Dass. That afternoon participants will pack up their belongings and bring them to the gathering. From there we will walk down together to base camp, where we will break silence with a celebratory dinner and meal of gratitude.

Day 8- Friday

We will share breakfast at base camp before entering into a closing ceremony and integration circle. Participants will depart by noon, carrying the wisdom of the forest back into their lives.