

## **MAN-tra Retreat Schedule October 5-7 New Vrindavana**

### **Friday, October 5th (Ekadasi)**

10 AM - 8 PM	Registration @ Visitors Center
1 PM	Lunch
2:30 PM - 3:45 PM	Opening Session and Welcome!
4 PM - 6:15 PM	Seva & Sanga
6:30 PM	Kirtan Walk with Bhaktimarga Swami to Old Vrindavan
7:30 PM	Bonfire & Prasadam at Old Vrindavan
9:15 PM	Torchlight Harinam

### **Saturday, October 6th**

5 AM - 9 AM	Temple Program
5:45 AM - 6:45 AM	Yoga for Men
8 AM	MAN-tra Retreat Bhagavatam Class
9 AM	Breakfast
10 AM -11:30 AM	Plenary with Professor Burke Rochford: The Role of Men in ISKCON -- Lessons Learned and Questions Raised
11:30 AM	Break
11:45 AM	Comedy with Yadunath Dasa

12 PM - 1:30 PM	Panel: Being Yourself in Krishna's Service
1:30 PM	Lunch
2:30 PM - 4 PM	Workshop Options:  (A) The Ability in Man: How to Find Your Style!  (B) The Matter of Spirit: Harmonizing Worldly & Spiritual Pursuits
4 PM - 5:45 PM	Sports & Sanga
6 PM - 7 PM	Dinner
7 PM	Arati
7:30 PM - 9:30 PM	Drama with Bhaktimarga Swami Comedy with Yadunatha Kirtan with Gaura Vani & Friends

## **Sunday, October 7th**

5 AM - 9 AM	Temple Program
5:45 AM - 6:45 AM	Yoga for Men
8 AM	MAN-tra Retreat Bhagavatam Class
9 AM	Breakfast
10 AM - 11:30 AM	Plenary: Navigating The Male Female Paradox
11:30 AM	MAN-tra Group Photo
12:00 PM - 1:30 PM	Plenary: Grow Stronger Through Challenges --

## The Kurukshetra in Our Lives

1:30 PM - 2:15 PM	MAN-tra Retreat: Moving Forward
2:15 PM	MAN-tra Sunday Feast
3 PM	Departure