

New Year Celebration Retreat

"Be Evergreen in 2013"

December 29, 2012 – January 1, 2013

Sawan Kirpal Meditation Center, Bowling Green, Virginia

It's a Chicago New Year in Bowling Green, with the Beloved in Spirit!

Come and welcome in the New Year with your spiritual brothers and sisters! We will feast on Master's Love! Nourish your soul with Satsang, meditation, spiritual workshops, uplifting music and devotional poetry. Nourish your body with a vegetarian New Year feast, yoga, and peaceful time out in Nature! Let's start the year off right with a commitment to our spiritual growth!

Saturday, December 29th

- 12.30 Lunch and Clean Up
- 2-4.00 Workshop: Evergreen Your Meditation in 2013! We'll share helpful hints & Master-stories to improve our accuracy in meditation. With Love, Gratitude, and His Grace let us fly above body consciousness into the Beyond! with Richard Scotti & Traudel Schottenlohr
- 4.00 Tea Break & Rest
- 5.00 Group Meditation
- 6.30 Dinner and Clean Up
- 8.00 Evening Satsang
- 9.30 Diary & Retire
- 10.00 Silence on campus

Sunday, December 30th

- 3.00-6.00 Amrit Vela Meditation in Masters House
- 6.00-8.00 Personal Meditation in Masters House
- 8.00 Yoga in Sawan Hall
- 9.00 Breakfast
- 9.30 Nature Walk - meet at fountain
- 11.00 Meditation in Sawan Hall
- 12.00 Satsang in Sawan Hall
- 1.00 Lunch/Clean Up Washington DC
- 2.30 Introspection Support Group
- 3.00 Workshop 2 - Be Evergreen in 2013!
Start the New Year with Simran: Part 1
with Malik Hodari & Carlos Lozano
- 5.00 Group Meditation
- 6.30 Dinner and Clean Up
- 8.00 Evening Sharing: Stories, Songs, Videos
- 9.30 Diary and Retire
- 10.00 Silence on campus

Monday, December 31st New Year's Eve

- 3.00-6.00 Amrit Vela Meditation in Masters House
- 6.00-8.00 Personal Meditation in Masters House

9.00 Breakfast
 8.00-9.00 Yoga in Sawan Hall
 10.00 Workshop 2 - Be Evergreen in 2013!
 Start the New Year with Simran: Part 2
 with Malik Hodari & Carlos Lozano
 12.00 Group Meditation
 1.00 Lunch and Clean Up
 2.30 Feast Prep & Set Up
 4.00 Tea Break
 4.30 Satsang in Barn or Feast Prep & Set Up
 5.30 Meditation in Masters House or Cabin 8
 6.30 Feast Prep & Set Up
 8.00 Appetizers in Sawan Hall
 9.00 New Year Vegetarian Feast
 10.30 Celebration Music & Party!
 12.00 am WELCOME 2013!
 1:00 am Retire and silence on campus

Tuesday, January 1, 2013 New Year's Day

8.00 Personal Meditation in Masters House
 10.00 Breakfast
 11.00 New Year Satsang
 12.00 Group Meditation
 1.00 Lunch and Clean Up
 2.30 Please clean your rooms before departure!
 Thank you and Masters blessings for 2013!

IMPORTANT NOTES:

- All are Welcome
- **RSVP requested to include your approximate time of arrival so that we can plan meals accordingly.**
- For reservations in Darshan Dormitory or in a Cabin, send a return email to: smithwp@bealenet.com or call Kay Cataldo: 804-633-5789
- For further retreat information, contact Katie Ivey: 804-363-9323, or Jule Millard: 540-207-1358.
- For those driving, please bring your own sheets and pillow cases; blankets and pillows are provided.
- The program and accommodations are free as well as all deliciously prepared vegetarian meals as scheduled.
- This program is sponsored by the Science of Spirituality under the guidance of Sant Rajinder Singh Ji Maharaj.