

Sawan Kirpal Meditation Center, Bowling Green, Virginia
**Inner Bliss Retreat and Annual Birthday Celebration
for Sant Kirpal Singh Ji Maharaj
February 5-7, 2010**

Please email your favorite photos of your Masters, or of you and your loved ones with the Masters to julemillard@mac.com for a special "Sweet Remembrance" slide show to be shown on Saturday evening! Celebrate together!

Friday, February 5

6:-8:00 p.m. Arrival
7:00-8:00 Book Club in Barn - Discussion of Streams of Nectar - Rabia Basri
9:00 Diary and Retire

Saturday, February 6

5:30 a.m. Personal Meditation in Master's House
8:00-10:00 Breakfast
8:00-9:15 Yoga in Sawan Hall
**10:30-11:30 How to Develop Devotion: from Morning Talks, Part I
- with Malik Hodari**
11:30-12:30 p.m. Group Meditation in Sawan Hall
12:30-2:00 Lunch and Clean Up
2:00-3:00 Simran Labyrinth Walk in Sawan Hall
**3:00-4:00 How to Develop Devotion: from Morning Talks, Part 2
- with Malik Hodari**
4:30-5:00 Tea Break
5:00-6:30 Group Meditation
6:30 Indian Celebration Dinner
**8:00-9:30 Birthday Celebration - Sweet Remembrance Slide Show, Videos,
Stories and Music with Davinder Khanna**
9:30 Diary and Retire

Sunday, February 7

5:30-8:00 a.m. Personal Meditation in Master's House
8:00-9:00 Yoga
8:00-9:30 Breakfast
9:30-10:30 Regional Outreach Meeting, Sawan Hall
10:30-11:00 Regional Inreach Meeting, Sawan Hall
11:00-12:00 Regional Group Meditation
12:00-1:30 p.m. Monthly Regional Satsang and Birthday Sharing
1:30-3:00 Community Lunch and Clean Up by Maryland and West Virginia
3:00 Please clean your dorm room or cabin before departure! Thank You!!