



The Karma Yoga Ashram Program

At The Expanding Light Retreat

Daily Schedule

We will meet every day as a group starting at 9:00am in the kitchen.

6:30-8:00	Sadhana (Teaching Temple)
8:00-9:00	Breakfast in silence
9:00-10:30	Breakfast cleanup & class/activity
10:30-12:00	Morning seva shift (or free time)
12:00-12:30	Meditation
12:30-1:30	Lunch
1:30-3:30	Afternoon Seva shift (or free time)
4:45-6:30	Sadhana (Teaching Temple)
6:30-7:30	Dinner
7:30-9:00	Evening Seva shift (or free time)

“You must consciously give recognition to, and contact God in meditation when all outer activities of mind and body are stilled. Then hold that identity, that Presence of God, in your body temple, and bring all outer activities into subjection to the inner dominion.” -Paramhansa Yogananda