

AMS-NY Chapter  
Spring Retreat  
May 17-19, 2019

Theme: **Embracing Change—The Key to Freedom**

***Check in after 4pm, checkout after lunch-2pm***

Sisters Servants of Mary Immaculate  
150 Sisters Servants Lane, Sloatsburg, NY 10974

**Friday 5/17**

After 4:00 pm - Arrivals  
5:00 pm - Group chant and meditation  
6:00 pm to 7:00 pm - Dinner  
7:30 pm - Evening Dedication to Gururaj Ananda Yogi  
***Readings, poems and stories from chelas***

**Sat 5/18**

7:30 am - Walking Meditation (silent)  
8:00 am - 9:00 am - Breakfast  
9:15 am - Group chant and meditation  
10:30 am - Satsang with Donna Bernstein  
11:30 am - Break  
12:00 pm - 1:00 pm - Lunch  
1:15 pm - 2:00 pm - Laughing Yoga with Donna Bernstein  
2:00 pm - 2:45 pm - Tai Chi with Peg Morris  
***Of course, students may also choose to enjoy the beautiful grounds at any time***  
3:00 pm - Satsang with Merrill Harmin  
4:00 pm - Group chant and meditation  
5:30 pm - 6:30 pm - Dinner  
7:00 pm - Satsang & Kirtan with Jane Slotnick  
8:30 pm - Music and singing with Susie Zweig and Maria Deangelis

**Sun 5/19**

7:30 am - Walking Meditation (silent)  
8:00 am - 9:00 am - Breakfast  
9:15 am - Chant and meditation  
10:45 am - Group sharing  
***At the end of this weekend, can you think of a change in your life that you can now perceive differently, less fearfully and more positively?***  
12:30 - 1:30 pm - Lunch  
2:00 pm - Departures