



WWD-F

### Women's Spring Retreat May 29-31, 2026

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#### Friday, May 29th

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3:30 – 5:30:pm	Arrival and Check-in/ Registration
5:30 – 7:00 pm	Kiirtan & Meditation
7:00 – 8:00 pm	Dinner, Satsaunga, and Clean-up
8:00 – 9:00 pm	Welcome Circle and Dance
9:00 –	Avarta Kiirtan

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#### Saturday, May 30th

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5:00 – 5:30 am	Paincajanya
5:30 – 6:00 am	Individual time
6:00 – 7:00 am	Asana class
7:00 – 8:30 am	Dharma Cakra
8:30 – 9:20 am	Breakfast and Clean-up
9:20 – 9: 30 am	Free time
9:30 – 10:50 am	Yoga and Nervous System Balance – Guest Speaker
10:50 – 11:00 am	Break time
11:00 – 12:00 am	Kaos'ikii – Wholistic Dance for Rejuvenation and Longevity – Kaoverii Zimmermann
12:00 – 12:15 pm	Break time
12:15 – 1:00 pm	Kiirtan and Meditation
1:00 – 2:30 pm	Lunch, clean up and break
2:30 – 3:30 pm	Art workshop – Didi Ananda Rama & Mukti
3:30 – 4:30 pm	Nature Walk/ Free time
4:30 – 5:30 pm	Asanas & Kaos'kii
5:30 – 7:00 pm	Dharma Cakra
7:00 – 8:00 pm	Dinner and Clean-up
8:00 – 9:00 pm	Inspirational Evening
9:00	Avarta Kiirtan

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**Sunday, May 31th**

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5:00 – 5:35 am	Paincajanya
5:35 – 6:30 am	Personal Time/Individual Lessons
6:30 – 7:30 am	Asana class
7:30 - 9:00 am	Dharmacakra
9:00 – 9:50 am	Breakfast and Clean-up
9:50 – 10:00 am	Break time
10:00 – 11:15 am	The Bio-psychology of Women According to Tantra -Didi Ananda Anuradha
11:15 -11:30 am	Break
11:30 am –1:00 pm	Kiirtan, meditation and Closing
1:00-3:00 pm	Lunch and Collective clean up
3:00 pm	Depart

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