# The VCC Paraty Retreat Schedule May 14th 2018 - 20th May 19th 2018

| Time | Monday 14th May (Arrival Day) | Tuesday, 15th May | Wednesday 16th May | Thursday, 17th May | Friday, 18th May | Saturday, 19th May | Sunday, 20th May (Departure Day) Rooms available till noon |
|---|---|---|---|---|---|---|---|
| 7:00 - 7:45 am | **Wake up Session** Hall: Asana Yoga Room 2: Qi Gong | **Wake up Session** Hall: Asana Yoga Room 2: Qi Gong | **Wake up Session** Hall: Asana Yoga Room 2: Qi Gong | **Wake up Session** Hall: Asana Yoga Room 2: Qi Gong | **Wake up Session** Hall: Asana Yoga Room 2: Qi Gong | **Wake up Session** Hall: Asana Yoga Room 2: Qi Gong | **Wake up Session** Hall: Asana Yoga Room 2: Qi Gong |
| 8:00 - 9:00 am | Breakfast / Free Time | Breakfast / Free Time | Breakfast / Free Time | Breakfast / Free Time | Breakfast / Free Time | Breakfast / Free Time | Breakfast / Free Time |
| 9:00 - 10:00 am | | Hall: We are the Healers (H.G. Gurudas) Room 2: Asana Yoga | Hall: We are the Healers (H.G. Gurudas) Room 2: Asana Yoga | Hall: We are the Healers (H.G. Gurudas) Room 2: Asana Yoga | Hall: We are the Healers (H.G. Gurudas) Room 2: Asana Yoga | Hall: We are the Healers (H.G. Gurudas) Room 2: Asana Yoga | Hall: We are the Healers Room 2: Private Consultations |
| 10:15 - 11:15 am | Hall: Asana Yoga Room 2: Bhakti Yoga | Hall: Natural Healing & Herbalism Room 2: Bhakti Yoga | Hall: Natural Healing & Herbalism Room 2: Bhakti Yoga | Hall: Natural Healing & Herbalism Room 2: Bhakti Yoga | Hall: Natural Healing & Herbalism Room 2: Bhakti Yoga | Hall: Natural Healing & Herbalism Room 2: Bhakti Yoga | Hall: Natural Healing & Herbalism Room 2: Bhakti Yoga |
| 11:30 - 12:30 pm | Free Time | Hall: Ayurveda Seminar Room 2: Asana Yoga | Hall: Ayurveda Seminar Room 2: Asana Yoga | Hall: Ayurveda Seminar Room 2: Asana Yoga | Hall: Ayurveda Seminar Room 2: Asana Yoga | Hall: Ayurveda Seminar Room 2: Asana Yoga | Hall: Ayurveda Seminar Room 2: Asana Yoga |
| 12:30 - 1:30 pm | Welcome Prasadam | Prasadam / Free Time | Prasadam / Free Time | Prasadam / Free Time | Prasadam / Free Time | Prasadam / Free Time | Bye bye Gathering / Prasadam |
| 1:30 pm - 2:30 pm | ***Temple Tour*** | ***Jungle Hiking Tour*** | ***Jungle Hiking Tour*** | ***Jungle Hiking Tour*** | ***Jungle Hiking Tour*** | ***Jungle Hiking Tour*** | End of Retreat |
| 2:45 - 3:45 pm | Hall: "Guided Meditation" Seminar Introduction (H.G. Gurudas) Room 2: Asana Yoga | | | | | | |
| 4:00 - 5:00 | Hall: "Natural Healing & Herbalism" Seminar Introduction (Caitanya Priya dd) | Hall: Guided Meditation Room 2: Painting | Hall: Guided Meditation Room 2: Painting | Hall: Guided Meditation Room 2: Painting | Hall: Guided Meditation Room 2: Painting | Hall: Guided Meditation Room 2: Painting | |
| 5:00 - 6:00 | Hall: Introduction to Bhakti Yoga Room 2: Asana Yoga | Hall: Ayurveda Seminar Room 2: Cinema Psyche Kitchen: Vegetarian cooking | Hall: Ayurveda Seminar Room 2: Cinema Psyche Kitchen: Vegetarian cooking | Hall: Ayurveda Seminar Room 2: Cinema Psyche Kitchen: Vegetarian cooking | Hall: Ayurveda Seminar Room 2: Cinema Psyche Kitchen: Vegetarian cooking | Hall: Ayurveda Seminar Room 2: Cinema Psyche Kitchen: Vegetarian cooking | |
| 6:00 - 7:00 pm | Hall: Ayurveda Seminar Introduction (Chaitanya Swarup das) | Hall: Asana Yoga Room 2: Bhakti Yoga Kitchen: Vegetarian Cooking | Hall: Asana Yoga Room 2: Bhakti Yoga Kitchen: Vegetarian Cooking | Hall: Asana Yoga Room 2: Bhakti Yoga Kitchen: Vegetarian Cooking | Hall: Asana Yoga Room 2: Bhakti Yoga Kitchen: Vegetarian Cooking | Hall: Asana Yoga Room 2: Bhakti Yoga Kitchen: Vegetarian Cooking | |
| 7:00 pm - open | Hall: History of Western Vaishnavism (H.G. Gurudas) | Hall: History of Western Vaishnavism (H.G. Gurudas) | Hall: History of Western Vaishnavism (H.G. Gurudas) | Hall: History of Western Vaishnavism (H.G. Gurudas) | Hall: History of Western Vaishnavism (H.G. Gurudas) | Hall: History of Western Vaishnavism (H.G. Gurudas) | |
| | Hall: Moon Light Kirtan (Kirtaneer tbc) | Hall: Moon Light Kirtan (Kirtaneer tbc) | Hall: Moon Light Kirtan (Kirtaneer tbc) | Hall: Moon Light Kirtan (Kirtaneer tbc) | Hall: Moon Light Kirtan (Kirtaneer tbc) | Hall: Moon Light Kirtan (Kirtaneer tbc) | |