

Soul Radiance 2019
Millis, MA, USA
Daily Schedule

Monday, August 19, 2019

12:30 pm: Course Registration Opens: Check in, Paperwork & Receive Materials

2:15 pm Kid's Program Drop Off

3:00-5:30 pm Introduction

4:30 Children Arrive to Adult Program

5:30-6:30 pm Welcome Dinner for all course participants

7:00-8:00pm* Guru Guru Waaheguru Chant for 22min

PJ party for kids during this time

Tuesday, August 20, 2019

*3:40-6:20 am Aquarian Sadhana with Gurdwara

7:00-8:00 am Breakfast

8:00 am Kid's Program Drop Off

8:15-10:00 Morning Session One

10:00-10:30 Bathroom Break/Visit Office with any Guest Space Questions

10:30-noon Shabad Practice

noon-1:30 pm Lunch

1:30-2:15 Small Group Check in with Group Leaders

2:15-2:30 Bathroom Break

2:30-4:15 Afternoon Session

4:15-4:30 Break

4:30-5:15 Pronunciation Practice (3 groups)

5:15 pm Parents to Pick Up Children

5:30-6:30 Dinner

7:00-8:00pm* Guru Guru Waaheguru Chant (22min) & Musician jam session with Shabad of the Day

Wednesday, August 21, 2019

*3:40-6:20 am Aquarian Sadhana with Gurdwara

7:00-8:00 am Breakfast

8:15-10:00 Morning Session One
10:00-10:30 Bathroom Break/Visit Office with any Guest Space Questions
10:30-noon Morning Session Two
noon-1:30 pm Lunch
1:30-2:15 Breath Walk
2:15-2:30 Bathroom Break
2:30-4:15 Afternoon Session
4:15-4:30 Break
4:30-5:15 Musician teaching time
4:30-5:15 Embodiment of Shabad
5:15 pm Parents to Pick Up Children
5:30-6:30 pm Dinner
7:00-8:00pm* Guru Guru Waaheguru Chant (22min) & Musician jam session with Shabad of the Day

Thursday, August 22, 2019

*3:40-6:20 am Aquarian Sadhana with Gurdwara
7:00-8:00 am Breakfast
8:15-10:00 Morning Session One
10:00-10:30 Bathroom Break/Visit Office with any Guest Space Questions
10:30-noon Morning Session Two
noon-1:30 pm Lunch
1:30-2:15 Small Group Check In
2:15-2:30 Bathroom Break
2:30-5:00 Afternoon Session
4:30-5:30 Pronunciation Practice (3 groups)
5:15 pm Parents to Pick Up Children
5:30-6:30 pm Dinner
7:00-8:00pm* Guru Guru Waaheguru Chant (22min) & Musician jam session with Shabad of the Day

Friday, August 23, 2019

*3:40-6:20 am Aquarian Sadhana with Gurdwara
7:00-8:00 am Breakfast
8:15-10:00 Morning Session one
10:00-10:30 Bathroom Break/Visit Office with any Guest Space Questions

10:15-noon Morning Session Two
noon-1:30 pm Lunch
1:30-2:15 Breath Walk
2:15-2:30 Bathroom Break
2:30-4:15 Afternoon Session
4:15-4:30 Break
4:30-5:15 Musician teaching time
4:30-5:15 Embodiment of Shabad
5:15 pm Parents to Pick Up Children
5:30-6:30 pm Dinner
7:00-8:00pm* Guru Guru Waaheguru Chant (22min) & Musician jam session with Shabad of the Day

Saturday, August 24, 2018

*3:40-6:20 am Aquarian Sadhana with Gurdwara
7:00-8:00 am Breakfast
8:15-10:00 Morning Session One
10:00-10:30 Bathroom Break/Visit Office with any Guest Space Questions
10:30-noon Morning Session Two
noon-1:30 pm Lunch
1:30-2:15 Small Group Check In
2:15-2:30 Bathroom Break
2:30-2:45 Yoga warm up
2:45-5:15 Special Shabad Recitation Experience
5:15 pm Parents to Pick Up Children
5:45-6:45 pm Dinner
7:00-9:00pm* Guru Guru Waaheguru Chant (22min) & Open Mic Night

Sunday, August 25, 2019

*4:40 am- Aquarian Sadhana
6:30-7:30 am Breakfast
*10-12:30pm Special Gurdwara with Kirtan in Grand Finale of Course
*12:30-1:30 Langar Lunch

*indicates full Ashram community is invited to attend and participate

