



Our life is HIS message

SSIO USA - Region 3 Retreat
MAY 24-27, 2019
 Jacksonville, FL

Main Program Overview

Time	Friday, May 24th	Saturday, May 25th	Sunday, May 26th	Monday, May 27th
5:30 am		Wakeup / Meditation	Wakeup / Meditation	Wakeup / Meditation
6:00 - 6:30		Aum Chanting, Awakening Prayer	Aum Chanting, Awakening Prayer	Aum Chanting, Awakening Prayer
6:30 - 7:00		Neighborhood Singing	Neighborhood Singing	Neighborhood Singing
7:00 - 7:20		Morning Yoga	Morning Yoga	Morning Yoga
7:00 - 8:00		Breakfast (opens 7:00 am)	Breakfast (opens 7:00 am)	Breakfast (opens 7:00 am)
8:00 - 8:30		Devotional Singing	Devotional Singing	Devotional Singing
8:30 - 8:45		Welcome & Introduction		Sharing Session with Dr. Upadhyay
8:45 - 10:00		Talk by Dr. Upadhyay	Talk by Dr.S. Kumar	
10:00 - 10:20		Stretch Break	Stretch Break	Devotional Signing & Aarthi
10:20 - 10:30		Group Chanting	Group Chanting	
10:30 - 11:50		Talk by Dr. Upadhyay (continued)	Talk by Dr. Upadhyay	To-Go Lunch Boxes & Cleanup
12:00 - 1:00		Lunch	Lunch	
1:00 - 2:40	Venue Set-up	Workshops - Session I	Workshops - Session II	
2:40 - 3:00		Tea/Coffee Break	Tea/Coffee Break	
3:00 - 3:10		Group Chanting	Group Chanting	
3:10 - 4:40	Registration (will continue through Saturday)	Talk by Dr. S. Kumar	Workshops - Session III	
4:45 - 5:30		SSE Program	SSE Poster Board Display	
5:30 - 5:45		Inclusion and Expansion	Panel Discussion with Q&A	
5:45 - 6:00				
6:00 - 6:15				
6:15 - 6:30	Dinner	Dinner		
6:30 - 7:00				
7:00 - 7:15	Devotional Singing	"Sai's Love - Golden Moments" Musical Offering		
7:15 - 7:30	Unison Medley			
7:30 - 7:45			"SAIx Talks" Young Adult Program	
7:45 - 8:00	Closing Prayers & Aarthi			
8:00 - 8:30			A Tribute to Sai - Devotional Offering	
8:30 - 8:45	Region 3 Devotees Sharing			
8:45 - 9:00			Gratitude - Closing Prayers & Aarthi	
9:00 - 9:15				
9:15 - 9:30				
9:30 - 9:45				
9:45 - 10:00	Closing Prayers & Aarthi			