



SSSGC Zone 1 USA, Region 2

Retreat 2026 Main Schedule



Thursday, May 21st 2026

Bhajans **5:30 PM - 7:00 PM**

Dinner (Dining Hall) **7:00 PM - 8:00 PM**

Friday, May 22nd 2026

Wake-up Bell **5:30 AM**

Morning Prayers and Offerings **6:00 AM - 6:50 AM**
(Devotional Hall)

Vedam Chanting (Swami's Room) **6:00 AM - 7:00 AM**

Breakfast (Dining Hall) **7:15 AM - 8:00 AM**

Bhajans **8:15 AM - 9:15 AM**

Paduka Pooja **9:30 AM - 12:30 PM**

Lunch **1:00 PM - 2:00 PM**

Speaker: Dr. Vineet Basotia **3:00 PM - 4:30 PM**

Tea Break **4:30 PM - 5:00 PM**

Bhajans **5:15 PM - 6:45 PM**

Speaker: Dr. P.V. Shankar with YAs **7:15 PM - 8:15 PM**

Dinner **8:15 PM - 9:00 PM**

YA/Adult Cultural Program Practice **8:45 PM - 10:30 PM**

Saturday, May 23rd 2026

Wake-up Bell	5:30 AM
Morning Prayers and offerings	6:00 AM - 6:50 AM
"Soul Nourishment "(A simple and elegant version of Yoga And Meditation)	7:00 AM - 7:30 AM
Breakfast (Dining Hall)	7:30 AM - 8:15 AM
Bhajans	8:30 AM - 9:30 AM
Plenary Session / Q&A / Dr. P.V. Shankar	9:30 AM - 11:15 AM
Baby Caps Seva, NICU Crib Mattress Cover Seva, Reusable Sanitary Pad Seva, Vidya Vahini Booth, Center for Human Values Booth - Dome	11:30 AM - 5:00 PM
Panel Discussions - Chant Rudram and Stay Bhadram (From Rituals to Life Applications) - Dome	11:45 AM - 12:45 PM
Lunch	12:45 PM - 1:30 PM
Panel Discussions - Knowing the Self, Serving the World (Swami's Vision for Women) - Dome	1:45 PM - 2:45 PM
SSSE Music Ensemble	3:15 PM - 4:00 PM
Tea Break	4:00 PM - 4:30 PM
SSSE Children Cultural Program	4:30 PM - 6:15 PM
Bhajans	6:30 PM - 7:30 PM
Dinner	7:30 PM - 8:30 PM
Drone Shot - SSSE + YA/Adults	8:30 PM
Campfire (Weather Permitting)/Practice - YA/Adults	9:00 PM - 10:00 PM

Sunday, May 24th 2026

Wake-up Bell	5:30 AM
Morning Prayers and offerings	6:00 AM - 6:50 AM
"Soul Nourishment "(A simple and elegant version of Yoga And Meditation)	7:00 AM - 7:30 AM
Breakfast (Dining Hall)	7:30 AM - 8:15 AM
Bhajans	8:30 AM - 9:30 AM
Plenary Session / Q&A / Sri R. J. Rathnakar	9:30 AM - 11:30 AM
Mobile Blood Drive - In front of Dome	11:30 AM - 5:30 PM
Baby Caps Seva, NICU Crib Mattress Cover Seva, Reusable Sanitary Pad Seva, Vidya Vahini Booth, Center for Human Values Booth - Dome	11:30 AM - 5:00 PM
Regional Video Presentation / Global Council Activities Video	11:30 AM - 11:45 AM
Gratitude Offering	11:45 AM - 12:30 PM
Lunch	12:45 PM - 1:30 PM
Drone Shot with Dignitaries, SSSE. YA, Adults	1:30 PM
Outdoor activities for SSSE, YA and Adults	1:45 PM - 2:45 PM
Cultural Program by Young Adults + Adults (Devotional Hall)	3:00 PM - 4:30 PM
Tea Break	4:30 PM - 5:00 PM
Bhajans	5:15 PM - 6:15 PM
Dinner	6:30 PM - 7:30 PM
Game Show	7:45 PM - 8:45 PM
Campfire (Weather Permitting)	9:00 PM - 10:00 PM

Monday, May 25th 2026

Wake-up Bell	5:30 AM
Morning Prayers and offerings	6:00 AM - 6:50 AM
"Soul Nourishment "(A simple and elegant version of Yoga And Meditation)	7:00 AM - 7:30 AM
Breakfast (Dining Hall)	7:30 AM - 8:15 AM
Speaker : Dr. Vineet Basotia	8:30 AM - 9:30 AM
Bhajans (YAs & SSSE 4)	9:45 AM - 11:15 AM
Arthi	11:30 AM