



SSSGC Zone 1 USA, Region 2



Retreat 2026 SSSE Schedule

Thursday, May 21st 2026

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

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

Friday, May 22nd 2026

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

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

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. Vineet Basotia 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

No specific SSSE activities during this period. Children will be with parents for the listed programs in Main Schedule

5:30 AM - 10:00 AM

SSSE Activities - Play practice, Music Ensemble practice, Other SSSE activities for children in the SSSE Building. Details will be shared with parents through gurus before the Retreat

10:00 AM - 12:45 PM

Lunch

12:45 PM - 1:30 PM

SSSE Activities in SSSE Building, Music Ensemble preparation, Play Practice preparation. SSSE children not in the SSSE play or Orchestra will be returned to parents.

1:45 PM - 2:45 PM

SSSE Music Ensemble

3:15 PM - 4:00 PM

Tea Break - All SSSE children from Orchestra will be returned to parents. All SSSE children in the SSSE play will be with their respective Gurus/Teams

4:00 PM - 4:30 PM

SSSE Children Cultural Program (All SSSE children not in the SSSE play should be with parents watching the play)

4:30 PM - 6:15 PM

Bhajans - All SSSE children should be with parents

6:30 PM - 7:30 PM

Dinner - No SSSE Activity

7:30 PM - 8:30 PM

Drone Shot - SSSE + YA/Adults

8:30 PM

Campfire (Weather Permitting)

9:00 PM - 10:00 PM

Sunday, May 24th 2026

No specific SSSE activities during this period. Children will be with parents for the listed programs

5:30 AM - 9:45 AM

SSSE Activities for children in the SSSE Building. Details will be shared with parents through gurus before the Retreat

10:00 AM - 12:30 PM

Lunch - All SSSE children to be with parents unless otherwise notified

12:45 PM - 1:30 PM

Drone Shot with Dignitaries, SSSE. YA, Adults

1:30 PM

SSSE Outdoor activities

1:45 PM - 4:00 PM

Tea Break (Parents to pick up their children after outdoor activities at 4 pm)

4:30 PM - 5:00 PM

Bhajans - Children to attend bhajans with parents

5:15 PM - 6:15 PM

Dinner - SSSE children will be with parents

6:30 PM - 7:30 PM

Game Show - No SSSE Activity

7:45 PM - 8:45 PM

Campfire (Weather Permitting)

9:00 PM - 10:00 PM

Monday, May 25th 2026

Wakeup 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 (Dinning Hall)	7:30 AM - 8:15 AM
Speaker: Dr Vineet Basotia	8:30 AM - 9:30 AM
Bhajans (SSSE 4)	9:45 AM - 11:15 AM
Arthi	11:30 AM