

# *Sathya Sai Region 8 Retreat*

## **BUCKHORN CAMP**



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## **Gratitude is Love in Action**

MAY 25-27, 2019 - IDYLLWILD, CALIFORNIA

Saturday, May 25

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**10:00 Registration Opens**

**11:30 Lunch**

**1:30 Devotional Singing**

**2:00 Welcome**

Regional President, Camp Staff & MC

**2:30 Ms. Geetha Ram**

**3:30 Break**

**4:00 Dr. Phil Gosselin**

-5:00

**5:30 Dinner**

-6:30

**7:00 Whistle Wizard - Sivaprasad**

Musical Program

**8:30 Announcements  
& Closing Prayers**

-9:00

24-hour Medical Contact  
during the retreat:  
1 (310) 736-0824

# Gratitude is Love in Action

REGION 8 ANNUAL RETREAT  
MAY 25-27, 2019 - IDYLLWILD, CALIFORNIA

## Sunday, May 26

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| <b>5:30 Main Hall Open for Meditation</b>  | <b>12:30 Lunch</b>   |
| <b>6:00 Sunrise Devotionals</b><br>Omkar, Suprabhatam, Nagarsankirtan  | <b>1:30 Free Time</b>  |
| <b>7:00 Yoga and Guided Meditation</b><br>-7:40 Saiganesh, Sathya Sai Higher Secondary School<br>Yaga Namaskar - 7 Postures and<br>Nadi Shuddhi - Breathing Exercises              | <b>2:30 Devotional Singing</b>   |
| <b>7:00 Guided Meditation</b><br>-7:30   | <b>2:45 Dr. Phil Gosselin</b>  |
| <b>7:30 Break</b>  | <b>4:00 Activities</b><br>-5:15 <ul style="list-style-type: none"><li>• Guided Hike</li><li>• Group Sharing</li><li>• Other Activities</li></ul> |
| <b>8:00 Breakfast</b>  | <b>5:30 Dinner</b><br>-6:30  |
| <b>9:00 Welcome to Day 1 - MC</b><br>Sai Trivia Game Show - Young Adults   | <b>7:00 Musical Program</b>  |
| <b>9:45 Ms. Geetha Ram</b>   | <b>8:30 Closing Remarks &amp; Night Prayer</b>   |
| <b>10:45 Break</b>   |  |
| <b>11:00 Workshops</b><br>Just Continue Q&A, Reminiscences - Dr. Phil Gosselin<br>Love God and Remember Him Always - Eric Wing, Leslie Farkas<br>From Sai and I to Sai - Raj Patel |  |

## Monday, May 27

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| <b>5:30 Main Hall Open for Meditation</b>   | <b>8:00 Breakfast</b>                                     |
| <b>6:00 Sunrise Devotionals</b><br>Omkar, Suprabhatam, Nagarsankirtan   | <b>9:00 Devotional Singing</b>                            |
| <b>7:00 Yoga and Guided Meditation</b><br>-7:40 Saiganesh, Sathya Sai Higher Secondary School<br>Yaga Namaskar - 7 Postures and<br>Nadi Shuddhi - Breathing Exercises | <b>9:15 Welcome to Day 2</b>                              |
| <b>7:00 Guided Meditation</b><br>-7:30  | <b>9:30 Ms. Geetha Ram</b>                                |
| <b>7:30 Break</b>   | <b>10:30 Q&amp;A</b><br>Dr. Phil Gosselin, Ms. Geetha Ram |
|   | <b>11:45 Devotional Singing</b>                           |
|   | <b>12:30 Lunch and Departure</b>                          |