



# MAN-tra Retreat 2024 Schedule

Sept 20<sup>th</sup> – Sept 22<sup>nd</sup>, 2024 | New Vrindaban, WV

## Friday – Day 1

Time	Activity
2–4pm	Check-In/Registration at the Welcome Center
4pm	Opening/Welcome at the Yogashala by Bhakti Marga Swami & Anuttama Dasa
4:30–6pm	Session 1 Presenter: Being Productive Men Without Becoming Toast Topic: <i>Prasannatma Dasa</i> Location: Yogashala
6pm	Break
6:15pm	Harinama to Prabhupada’s Palace with HH Bhaktimarga Swami
7pm	Dinner Prasadam at Prabhupada’s Palace
8pm	Bonfire & Katha with HH Varsana Swami
9pm	Harinama to the Temple

## Saturday – Day 2

Time	Activity
5–9am	Temple Program
9am	Breakfast Prasadam at the Community Hall
10am	Welcome at the Yogashala
10:15–11:45am	Session 2 Presenter: Yadhunath Dasa Topic: Seriously, Let's Stop Taking Ourselves So Seriously! Location: Yogashala
11:45am	Break
12–1:30pm	Session 3 Presenter: Bhuta Bhavana Dasa Topic: Transformation Through Talents - How to Give Your Gifts in Krishna’s Service Location: Yogashala
1:30pm	Lunch Prasadam at the Community Hall
3–4:30pm	Session 4 Presenter: Women’s Panel with Rukmini Devi Dasi, Praharana Devi Dasi, Nancy Mataji Topic: How Men Can Succeed in Honoring and Protecting Women Location: Yogashala
4:30–6:30pm	Walk to Old Vrindaban or Free Time
6:30–7:30pm	Dinner Prasadam at the Community Hall
7:30–9:30pm	Evening Events at the Community Hall Drama by HH Bhaktimarga Swami Kirtan with Gaura Vani & Friends

Sunday – Day 3

Time	Activity
5-9am	Temple Program
9am	Breakfast Prasadam at the Community Hall
10am	Free Time & Vacate Rooms
11am-12:30pm	Session 5 Presenter: Sri Pahlada Dasa Topic: Leadership Lessons from the Gita for Men Location: Yogashala
12:30pm	Group Photo & Break
1-2pm	Wrap Up, Kirtan & Goodbyes
2pm	Feast Prasadam at the Community Hall
3pm	Departure

Please Note:

- All timings are in Eastern time zone (NY time).
- Our schedule, like life itself, is tentative and subject to unexpected changes.
- Unless specified elsewhere, MAN-tra sessions will be held in the Yogashala.
- Prasadam will be served in the Community Hall except Friday dinner at the Palace.