

**Center for Inner Resources Development – North America
Spiritual Retreat 2010**

Achieving Inner Poise and Fulfillment

NOTE: The timings indicated are tentative.

28 May (Fri)

Session I	5:00 pm – 6:15 pm	Arrival and Registration	
Session II	8:00 pm – 9:00 pm	Welcome and Introductions	

29 May (Sat)

Session I	9:00 am – 10:15 am	Understanding the Mind	Swami Bhoomananda Tirtha (Swamiji)
Session II	10:45 am – 12:15 pm	Dealing with the shackles of the Mind	Swami Nirvisheshananda Tirtha
		Saadhana in daily life	Ma Gurupriya
Session III	3:00 pm – 4:15 pm	‘Fulfillment – What & How’	Swamiji
Session IV	5:00 pm – 6:00 pm	Question-Answer Session	Swami Nirvisheshananda Tirtha Ma Gurupriya
Session V	8:00 pm – 9:00 pm	Spiritual Gathering (Satsang)	Swamiji

30 May (Sun)

Session I	9:00 am – 10:15 am	‘Achieving Poise’	Swamiji
Session II	10:45 am – 12:15 pm	Beyond conventional notions of work	Swami Nirvisheshananda Tirtha
		Divinizing every moment	Ma Gurupriya
Session III	3:00 pm – 4:15 pm	Relationships in life	Swamiji
Session IV	5:00 pm – 6:00 pm	Question-Answer Session	Swami Nirvisheshananda Tirtha Ma Gurupriya
Session V	8:00 pm – 9:00 pm	Satsang	Swamiji

31 May (Mon)

Session I	9:00 am – 10:15 am	Integrating spiritual practices in daily life	Swamiji
Session II	10:30 am	Conclusion	