



SOLI-LUNAR SAHKTI RETREAT ~ ITINERARY ~

Wednesday, June 19, 2022

1. ARRIVAL DAY

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| 3pm-6pm | Arrival, Settling In, Meet and Greet <ul style="list-style-type: none">• Room assignments• Settling In• Freshening Up• Connecting |
| 7pm | Dinner |
| 8pm | Live Storytelling <ul style="list-style-type: none">• Community Time, as desired• Private Time, as desired |

Thursday, June 20, 2024

2. SOLAR TEACHINGS

SUMMER SOLSTICE

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| 8am | Breakfast |
| 9am | Vedic Fire Ritual <ul style="list-style-type: none">• Offerings into the sacred fire• Consecrating Goddess Altar• Sanskrit Chanting, Intention Setting |
| 10am | Solar Guided Meditation / Visualization |
| 11am | Group Discussion:
<i>What is Solar Energy? What role does it play in your life?</i> |
| 12pm | Lunch |
| 1pm | Nature Time / Private Consultation <ul style="list-style-type: none">• Private One-on-One Session with Raj Balkaran• Community / Personal Time, as desired |



Dr. Raj Balkaran's
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- 2pm Lecture: “The Splendour of the Sun”
- 3pm Live Storytelling
- Stories of the Sun
 - Solar Chanel Wisdom Teachings
- 4pm Snack Time + Group Discussion
- Key Elements of the Story
 - The Solar Chanel of the Subtle Body
- 5pm Integration Time / Private Consultation
- Private One-on-One Session with Raj Balkaran
 - Community / Personal Time, as desired
- 7pm Dinner
- 8pm Community Time
- Conversation, reflection, sharing
 - Personal Time, as desired

Friday, June 21, 2024

3. LUNAR TEACHINGS

FULL MOON DAY

- 8:00am Breakfast
- 9:00am Vedic Water Ritual
- Offerings into the holy water
 - Sanskrit Chanting
- 10:00am Lunar Meditation / Visualization
- 11:00am Group Discussion:
What is Lunar Energy? What role does it play in your life?
- 12:00pm Lunch
- 1:00pm Nature Time / Private Consultation
- Private One-on-One Session with Raj Balkaran
 - Community / Personal Time, as desired
- 2:00pm Lecture: “The Majesty of the Moon”



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- 3:00pm Live Storytelling
- Stories of the Moon
 - Lunar Chanel Wisdom Teachings
- 4:00pm Snack Time + Group Discussion
- Elements of the Story
 - The Lunar Chanel of the Subtle Body
- 5:00pm Integration Time / Private Consultation
- Private One-on-One Session with Raj Balkaran
 - Community / Personal Time, as desired
- 7:00pm Dinner
- 8:00pm Community Time
- Conversation, reflection, sharing
 - Personal Time, as desired

Saturday, June 22, 2024 4. BALANCING SOLAR AND LUNAR

- 8:00am Breakfast
- 9:00am Vedic Ritual
- Offerings into the sacred fire
 - Offerings into the holy water
 - Sanskrit Chanting
- 10:00am Integration Meditation / Visualization
- 11:00am Group Discussion:
How do we balance Solar and Lunar Energies in Self? Community? World?
- 12:00pm Lunch
- 1:00pm Nature Time / Private Consultation
- Private One-on-One Session with Raj Balkaran
 - Community / Personal Time, as desired
- 2:00pm Lecture
“The Alchemy of Integration”



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- 3:00pm Live Storytelling
- Stories of Balance
 - Balancing Sun and Moon Wisdom Teachings
- 4:00pm Snack Time + Group Discussion
- Elements of the Story
 - The Central Chanel of the Subtle Body
- 5:00pm Integration Time / Private Consultation
- Private One-on-One Session with Raj Balkaran
 - Community / Personal Time, as desired
- 7:00pm Dinner
- 8:00pm Kirtan
- Call and Answer Sacred Singalong
 - Community time, as desired
 - Personal time, as desired

Sunday, June 23, 2024 **5. DEPARTURE DAY**

- 8:00am Breakfast
- 9:00am Closing Ceremony
- Reflections
 - Thanksgiving
 - Sanskrit Chanting
- 9:30am Private Blessings
- Individual Check-Ins
 - Personalized Blessing
 - Parting Words of Wisdom
- 10:00am Departure