



LOVE IS THE ANSWER: DAY 1

ON DEMAND Amritavirtualacademy.com



A retreat on Divine Love led by Swami Amritaswarupananda Puri

Suggested Schedule. View at your own convenience with 6-week access

1 EARLY MORNING HOMA

SW. SHANTAMRITANANDA PURI
BR. RAMANANDAMRITA CHAITANYA
5:30 - 7:45 AM
Includes 108 and 1000 Names

MORNING BREAK

45 MINUTES
7:45 - 8:30 AM
Prepare for the morning program

2 MORNING OPENING SATSANG

SW. AMRITASWARUPANANDA PURI
8:30 - 9:20 AM
Inaugural talk

3 MORNING PANEL DISCUSSION VINTAGE SCENES OF AMMA

A SPECIAL COMMENTARY
9:30 - 11 AM
Swami Amritaswarupananda Puri & others
view and discuss vintage footage of Amma.

MID-DAY BREAK

3 HOURS
11 AM - 2 PM
Prepare for the afternoon program

4 MID-DAY AMRITA YOGA

DEVIKA
45-min to 1 hour
Choose a yoga class to enjoy anytime
during the mid-day break. [Click for details.](#)

5 AFTERNOON DEVOTIONAL DRAWING

SW. DAYAMRITANANDA PURI
LASITA
2 - 3:25 PM
Introduction to Devotional Drawing

6 AFTERNOON WALKING MEDITATION

SW. SHANTAMRITANANDA PURI
3:30 - 4:15 PM
Gentle, moving meditation

7 AFTERNOON JAPA MEDITATION

BR. RAMANANDAMRITA CHAITANYA
4:15 - 5:00 PM
Japa mantra meditation

AFTERNOON BREAK

30 MINUTES
5:00 - 5:30 PM
Prepare for the evening program

8 EVENING QUESTIONS & ANSWERS

SW. AMRITASWARUPANANDA PURI
5:30 - 6:25 PM
Pre-recorded Q&A discussion

9 EVENING BHAJANS

SW. AMRITASWARUPANANDA PURI
6:30 - 7:30
Conclusion of Day 1



LOVE IS THE ANSWER: DAY 2

ON DEMAND

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1 EARLY MORNING ARCHANA

SW. SHANTAMRITANANDA PURI

5:45 - 6:50 AM

Includes 108 and 1000 Names

2 EARLY MORNING AMRITA YOGA

DEVIKA

7:00 - 8:00 AM

Guided class suitable for all levels

MORNING BREAK

30 MINUTES

8:00 - 8:30 AM

3 MORNING SATSANG

SW. AMRITASWARUPANANDA PURI

8:30 - 9:20 AM

Day 2 talk

4 MORNING PANEL DISCUSSION

HOSTED BY

SW. AMRITASWARUPANANDA PURI

9:30 - 10:30 AM

May love, forgiveness & compassion be
our main deities of worship

MID-DAY BREAK

3.5 HOURS

10:30 - 2 PM

Prepare for the afternoon program

5 AFTERNOON BHAJANS & MEDITATION

BR. RAMANANDAMRITA CHAITANYA

2 - 3:30 PM

Deepening meditation through bhajans

6 AFTERNOON SPIRITUAL SEED PLANTING

SW. SHANTAMRITANANDA PURI

3:30 - 5 PM

Special gardening workshop

AFTERNOON BREAK

30 MINUTES

5 - 5:30 PM

Prepare for the evening program

7 EVENING QUESTIONS & ANSWERS

SW. AMRITASWARUPANANDA PURI

5:30 - 6:45 PM

Pre-recorded Q&A Discussion

8 EVENING BHAJANS

SW. AMRITASWARUPANANDA PURI

6:45 - 7:45 PM

Conclusion of retreat

