

Sydney Centre of Self-Realization Fellowship

February 2026 Weekend Retreat Schedule

FRIDAY – February 6th

3:00 pm – 5:00 pm	Check-In at Registration Desk (Coffee/Tea available)
5:30 pm – 7:00 pm	Dinner
7:45 pm – 9:00 pm	Opening Class and Meditation
9:00 pm – 9:30 pm	<i>Fellowship</i> <i>(Begin Practice of Silence)</i>

SATURDAY – February 7th

7:30 am – 8:30 am	Breakfast
9:00 am – 11:30 am	Energisation Exercises & group Meditation
12:00 pm – 1:30 pm	Lunch
1:30 pm - 4:00	Free Time
3:00 pm	Afternoon Tea
4:00 pm - 5:30 pm	Energisation Exercises & group Meditation
5:30 pm – 7:00 pm	Dinner
7:30 pm – 9:00 pm	Satsang & brief Meditation

SUNDAY – February 8th

7:00 am – 8:00 am	Energisation Exercises & Meditation
8:00 am – 9:00 am	Breakfast
9:00 am -10:00 am	Free Time (Pack up personal items in room)
10:00 am – 11:45 am	Sunday Service <i>(End Practice of Silence)</i>
12:00 pm – 1:30 pm	Lunch
1:30 pm	Retreat Closing comments by Monastics and Farewell both Monastics
2:30 pm	Close of Retreat and Check Out