



**SSSIO USA Region 10 Annual Retreat**  
**September 2-4, 2023**  
**Theme: From I to Sai, Ego to Awareness**

**ADULT PROGRAM**

	Time	Activity	Location
<b>Saturday, September 2</b>			
	7:15 AM to 9:45 AM	Registration	Dining Hall
Common time slot for all participants	10:00 AM to 10:45 AM	Devotional Singing (Adults), Divine Discourse & Welcome	Performing Arts Center
	10:45 AM to 12 Noon	SPEAKER - Harish Naidu	Performing Arts Center
	Noon to 1:00 PM	LUNCH (Bookstore, Poster Sessions - Media, Envirocare, Women's Wing)	
	1:00 PM to 1:15 PM	Group photo session	Dining Hall
	1:30 PM to 2:45 PM	Workshop sessions (Multiple sessions in parallel) Environmental Sustainability (Lead - Parvathy Balaji) Bhajan workshop (Lead - Balaji JR) Who Am I ? - Youth only workshop (Lead - Prasanna, Lakshmi Sunitha, Lakshmi Kesavan, Natasha) Study circle - "From I to Sai - Ego to Awareness" (Lead - Savi Bhamidipati) Self-confidence = SAI-confidence--Women's wing discussion (Lead - Shaili Singh)	Locations: Dining hall Activities Center SSE Area - World Room  Motel A Performing Arts Center
	2:45 PM to 3:15 PM	BREAK	
	3:15 PM to 4:15 PM	Youth led session - Experience Sharing	Performing Arts Center
Common time slot for all participants	4:30 PM to 6:30 PM	Family Time Canoeing/Kayaking Archery, Ziplining Ping pong, Basketball (Sports Complex) Informal bhajan singing (Amphitheater/Campfire area) Service activity	
	6:15 PM to 7:30 PM	DINNER (Bookstore, Poster Sessions - Media, Envirocare, Women's Wing)	Cafeteria
Common time slot for all participants	7:45 PM to 8:45 PM	Pancharatna Kritis Offering	
	9:00 PM to 10 PM	Youth Music Program	Performing Arts Center
<b>Sunday, September 3</b>			
Common time slot for all participants	5:00 AM to 5:20 AM	Jyothi meditation & Silent Sitting	Performing Arts Center
	5:20 AM to 5:45 AM	Morning Prayers: Omkar, Suprabhatam, 108 names	Performing Arts Center
	6:00 AM to 6:40 AM	Outdoor devotional singing - Nagarsankirthan Vedam Chanting	Gazebo Performing Arts Center
	6:45 AM to 7:30 AM	Yoga - Women Yoga - Men	Performing Arts Center Sports Complex
	7:00 AM to 8:00 AM	BREAKFAST	
	8:15 AM to 8:45 AM	Devotional Singing and Divine Discourse (SSE)	Performing Arts Center
	8:45 AM to 10:15 AM	Speaker - Aravind Balasubramanya	Performing Arts Center
	10:15 AM to 10:45 AM	BREAK	
	10:45 AM to 12 Noon	Speaker - Ajay Yekkiral	Performing Arts Center
	Noon to 1:00 PM	LUNCH (Bookstore, Poster Sessions - Media, Envirocare, Women's Wing)	
	1:15 PM to 2:30 PM	Workshop sessions (Multiple sessions in parallel) Environmental Sustainability (Lead - Parvathy Balaji) Bhajan workshop (Lead - Balaji JR) Who Am I ? - Youth only workshop (Lead - Prasanna, Lakshmi Sunitha, Lakshmi Kesavan, Natasha) Study circle - "From I to Sai - Ego to Awareness" (Lead - Savi Bhamidipati) Self-confidence = SAI-confidence--Women's wing discussion (Lead - Shaili Singh)	Locations: Dining hall Activities Center SSE Area - World Room  Motel A Performing Arts Center
	2:30 PM to 3:00 PM	BREAK	
	3:00 PM to 4:15 PM	SPEAKER - Harish Naidu	Performing Arts Center
Common time slot for all participants	4:30 PM to 6:30 PM	Family Time Canoeing/Kayaking Archery, Ziplining Ping pong, Basketball (Sports Complex) Informal bhajan singing (Amphitheater/Campfire area) Service activity	
Common time slot for all participants	6:15 PM to 7:45 PM	DINNER (Bookstore, Poster Sessions - Media, Envirocare, Women's Wing)	
Common time slot for all participants	8:00 PM to 10 PM	YA Led Activities	Performing Arts Center
<b>Monday, September 4</b>			
Common time slot for all participants	5:00 AM to 5:20 AM	Jyothi meditation & Silent Sitting	Performing Arts Center
	5:20 AM to 5:45 AM	Morning Prayers: Omkar, Suprabhatam, 108 names	Performing Arts Center
	6:00 AM to 6:40 AM	Outdoor devotional singing - Nagarsankirthan Vedam Chanting	Gazebo Performing Arts Center
	6:45 AM to 7:30 AM	Yoga - Women Yoga - Men	Performing Arts Center Sports Complex
	7:00 AM to 8:00 AM	BREAKFAST	
Common time slot for all participants	8:15 AM to 9:15 AM	Devotional Singing and Divine Discourse (Youth) SSE wrap up video	Performing Arts Center
	9:15 AM to 10:15 AM	Panel discussion/Q&A	Performing Arts Center
	10:15 AM to 10:45 AM	BREAK	
Common time slot for all participants	10:45 AM to 11:45 AM	Region 10 Services Summary Wrap up, closing remarks, vote of thanks	Performing Arts Center
	11:45 AM to 12:15 PM	BOXED LUNCHESES - TO GO	
	12:15 PM to 1:30 PM	Cleanup and Adjourn	



**SSSIO USA Region 10 Annual Retreat**  
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**SSE PROGRAM**

	Time	Activity	Location
<b>Saturday, September 2</b>			
	7:15 AM to 9:45 AM	Registration	Dining Hall
<b>Common time slot for all participants</b>	10:00 AM to 10:45 AM	Devotional Singing, Divine Discourse & Welcome	Performing Arts Center
<b>SSE Time</b>	10:45 AM to 11:30 am	Welcome and Icebreaker	Sports Complex
	11:30 AM to 12:30 PM	LUNCH	Dining Hall
<b>SSE Time</b>	12:45 PM to 2:15 PM	Groups 1 and 2 - Sports Activities Groups 3 and 4 - Speaker Ajay Yekkerala	Gp 1,2 - Sports Complex Gps 3,4 - SSE Area
	2:15 PM to 2:45 PM	BREAK	Gps 1,2 - Sports Complex Gps 3,4 - SSE Area
<b>SSE Time</b>	2:45 PM to 4:15 PM	Pancharathna Krithis Practice Unison Bhajans Practice and Activities	PKR - Activities Center UB - SSE Area
<b>SSE Time</b>	4:15 PM - 4:30 PM	Check-out	PKR - Activities Center Others - SSE Area
<b>Common time slot for all participants</b>	4:30 PM to 6:30 PM	<b>Family Time</b> Canoeing/Kayaking Archery, Ziplining Ping pong, Basketball (Sports Complex) Informal bhajan singing (Amphitheater/Campfire area) Service activity	Various
	6:15 PM to 7:30 PM	DINNER	Dining Hall
<b>Common time slot for all participants</b>	7:45 PM to 8:45 PM 9:00 PM to 10 PM	Pancharatna Kritis Offering Youth Music Program	Performing Arts Center
<b>Sunday, September 3</b>			
<b>Common time slot for all participants</b>	5:00 AM to 5:20 AM	Jyothi meditation & Silent Sitting	Performing Arts Center
	5:20 AM to 5:45 AM	Morning Prayers: Omkar, Suprabhatam, 108 names	Performing Arts Center
	6:00 AM to 6:40 AM	Outdoor devotional singing - Nagarsankirthan Vedam Chanting	Gazebo Performing Arts Center
	6:45 AM to 7:30 AM	Tree Planting	Campsite
	7:00 AM to 8:00 AM	BREAKFAST	Dining Hall
<b>SSE Time</b>	8:15 AM to 8:45 AM	Devotional Singing (SSE) and Divine Discourse	Performing Arts Center
<b>SSE Time</b>	9:00 AM to 10:30 AM	Group 1 and 2 - Value Games Group 3 and 4 - Harish Naidu	Gps 1,2- SSE Area Gps 3,4 - SSE Area
	10:30 AM to 10:45 AM	BREAK	Gps 1,2 - SSE Area Gps 3,4 - SSE Area
<b>SSE Time</b>	10:45 AM to 11:15 AM	Group Photos	SSE Area
	11:30 AM to 12:30 PM	LUNCH	Dining Hall
<b>SSE Time</b>	12:45 PM to 2:15 PM	Group 1 - Hands-on Activity Group 2 - Hands-on Activity Groups 3 & 4 - Sports Complex	Gps 1,2 - SSE Area Gps 3,4 - Sports Complex
	2:15 PM to 2:45 PM	BREAK	Gps 1,2 - SSE Area Gps 3,4 - Sports Complex
<b>SSE Time</b>	2:45 PM to 4:15 PM	Groups 1 and 2 - Seva (Care packages) Groups 3 and 4 - Value Games	Gps 1,2- SSE Area Gps 3,4 - SSE Area
<b>SSE Time</b>	4:15 PM to 4:30 PM	Checkout	Gps 1,2, 3, 4 - SSE Area
<b>Common time slot for all participants</b>	4:30 PM to 6:30 PM	<b>Family Time</b> Canoeing/Kayaking Archery, Ziplining Ping pong, Basketball (Sports Complex) Informal bhajan singing (Amphitheater/Campfire area) Service activity	Various
	6:15 PM to 7:45 PM	DINNER	Dining Hall
<b>SSE Time</b>	8:00 PM to 9 PM	Outdoor Activities	Campfire area
<b>SSE Time</b>	9:15 PM to 9:30 PM	SSE Students back to motels/cabins/SSE cabins	Motels/Cabins/SSE Cabins
<b>Monday, September 4</b>			
<b>Common time slot for all participants</b>	5:00 AM to 5:20 AM	Jyothi meditation & Silent Sitting	Performing Arts Center
	5:20 AM to 5:45 AM	Morning Prayers: Omkar, Suprabhatam, 108 names	Performing Arts Center
	6:00 AM to 6:40 AM	Outdoor devotional singing - Nagarsankirthan Vedam Chanting	Gazebo Performing Arts Center
	6:45 AM to 7:30 AM	Yoga - Women Yoga - Men	Performing Arts Center Sports Complex
	7:00 AM to 8:00 AM	BREAKFAST	Dining Hall
<b>Common time slot for all participants</b>	8:15 AM to 9:00 AM	Devotional Singing and Divine Discourse (Youth) SSE wrap up video	Performing Arts Center
<b>SSE Time</b>	9:15 AM to 10:15 AM	SOCIAL	Dining Hall
	10:15 AM to 10:45 AM	BREAK and Checkout	Dining Hall
<b>Common time slot for all participants</b>	10:45 AM to 11:45 AM	Region 10 Services Summary Wrap up, closing remarks, vote of thanks	Performing Arts Center
	11:45 AM to 12:15 PM	BOXED LUNCHES - TO GO	
	12:15 PM to 1:30 PM	Cleanup and Adjourn	



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**YOUNG ADULT PROGRAM**

	Time	Activity	Location
<b>Saturday, September 2</b>			
	7:15 AM to 9:45 AM	Registration	Dining Hall
Common time slot for all participants	10:00 AM to 10:45 AM	Devotional Singing (Adults and Youth), Divine Discourse & Welcome	Performing Arts Center
	10:45 AM to 12 Noon	Speaker - Harish Naidu	Performing Arts Center
	Noon to 1:00 PM	LUNCH (Bookstore, Poster Sessions - Media, Envirocare, Women's Wing)	
	1:00 PM to 1:15 PM	Group photo session	Dining Hall
	1:30 PM to 2:45 PM	Who Am I ? - Youth only workshop (Lead - Prasanna, Lakshmi Sunitha, Lakshmi Kesavan, Natasha)	SSE Area - World Room
	2:45 PM to 3:15 PM	BREAK	
	3:15 PM to 4:15 PM	Youth led session - Experience Sharing	Performing Arts Center
Common time slot for all participants	4:30 PM to 6:30 PM	Family Time Canoeing/Kayaking Archery, Ziplining Ping pong, Basketball (Sports Complex) Informal bhajan singing (Amphitheater/Campfire area) Service activity	
		Family Time (Youth Only - 6:30 - 7:15 PM)	
		DINNER (Bookstore, Poster Sessions - Media, Envirocare, Women's Wing)	Cafeteria
Common time slot for all participants	7:45 PM to 8:45 PM	Pancharatna Kritis Offering	
	9:00 PM to 10 PM	Youth Music Program	Performing Arts Center
<b>Sunday, September 3</b>			
Common time slot for all participants	5:00 AM to 5:20 AM	Jyothi meditation & Silent Sitting	Performing Arts Center
	5:20 AM to 5:45 AM	Morning Prayers: Omkar, Suprabhatam, 108 names	Performing Arts Center
	6:00 AM to 6:40 AM	Outdoor devotional singing - Nagarsankirthan	Gazebo
		Vedam Chanting	Performing Arts Center
	6:45 AM to 7:30 AM	Yoga - Women Yoga - Men	Performing Arts Center Sports Complex
	7:00 AM to 8:00 AM	BREAKFAST	
	8:15 AM to 8:45 AM	Devotional Singing and Divine Discourse (SSE)	Performing Arts Center
	8:45 AM to 10:15 AM	SPEAKER - Aravind Balasubramanya	Performing Arts Center
	10:15 AM to 10:45 AM	BREAK	
	10:45 AM to 12 Noon	SPEAKER - Ajay Yekkiral	Performing Arts Center
	Noon to 1:00 PM	LUNCH (Bookstore, Poster Sessions - Media, Envirocare, Women's Wing)	
	1:15 PM to 2:30 PM	Who Am I? - Youth only workshop (Lead - Prasanna, Lakshmi Sunitha, Lakshmi Kesavan, Natasha)	SSE Area - World Room
	2:30 PM to 3:00 PM	BREAK	
	3:00 PM to 4:15 PM	YA Only Session: Ajay Yekkiral	Sports Complex - Basketball Court
Common time slot for all participants	4:30 PM to 6:30 PM	Family Time Canoeing/Kayaking Archery, Ziplining Ping pong, Basketball (Sports Complex) Informal bhajan singing (Amphitheater/Campfire area) Service activity	
		Family Time (Youth Only - 6:30 - 7:15 PM)	
		DINNER (Bookstore, Poster Sessions - Media, Envirocare, Women's Wing)	
Common time slot for all participants	6:15 PM to 7:45 PM		
	8:00 PM to 10 PM	YA Led Activities	Performing Arts Center
<b>Monday, September 4</b>			
Common time slot for all participants	5:00 AM to 5:20 AM	Jyothi meditation & Silent Sitting	Performing Arts Center
	5:20 AM to 5:45 AM	Morning Prayers: Omkar, Suprabhatam, 108 names	Performing Arts Center
	6:00 AM to 6:40 AM	Outdoor devotional singing - Nagarsankirthan	Gazebo
		Vedam Chanting	Performing Arts Center
	6:45 AM to 7:30 AM	Yoga - Women Yoga - Men	Performing Arts Center Sports Complex
	7:00 AM to 8:00 AM	BREAKFAST	
Common time slot for all participants	8:15 AM to 9:00 AM	Devotional Singing and Divine Discourse (Youth)	
		SSE wrap up video	Performing Arts Center
	9:00 AM to 10:15 AM	Panel discussion/Q&A	Performing Arts Center
	10:15 AM to 10:45 AM	BREAK	
Common time slot for all participants	10:45 AM to 11:45 AM	Region 10 Services Summary	
		Wrap up, closing remarks, vote of thanks	Performing Arts Center
	11:45 AM to 12:15 PM	BOXED LUNCHES - TO GO	
	12:15 PM to 1:30 PM	Cleanup and Adjourn	