



SSSIO USA Region 10 Labor Day Retreat - 2025 Program



Day 1 - Saturday August 30th 2025

From	To	Adult & Young Adult Track	SSE Track	From	To
7:00 AM	9:00 AM	Registration			
9:00 AM	9:30 AM	Vedam/Procession			
9:30 AM	10:15 AM	Welcome, Devotional Singing, Divine Discourse			
10:15 AM	10:45 AM	Welcome, Emcees' introduction & Program	SSE Transition to SSE Hall & Snacks		
10:45 AM	12:00 PM	Speaker Session: Bro. Srikanth Vaidyanathan	SSE Assembly (Ice breaker)	10:45 AM	11:00 AM
12:00 PM	1:00 PM	LUNCH	SSE Session1	11:00 AM	12:15 PM
1:00 PM	1:15 PM	Sai 100 Presentation - 1	LUNCH	12:15 PM	1:15 PM
1:15 PM	2:15 PM	Journey with Sai	SSE Unison Bhajan Practice	1:15 PM	2:15 PM
2:15 PM	3:45 PM	Activity-Study Circle/Debate/Short Talks	SSE Session 2 -Bro Srikanth Vaidyanathan	2:15 PM	3:00 PM
3:45 PM	4:15 PM	BREAK	Group Photo/Stretch Break	3:00 PM	3:15 PM
4:15 PM	4:45 PM	Group Picture	SSE Session 3 - Sandwich Service & meet Michelle Powers	3:15 PM	4:00 PM
			SSE Snacks in SSE Hall	4:00 PM	4:30 PM
			SSE Transition to Main Hall	4:30 PM	4:45 PM
4:45 PM	5:00 PM	Sai 100 Presentation - 2			
5:00 PM	5:45 PM	SSE Unison Bhajan			
5:45 PM	7:00 PM	Dinner, SSE Checkout			
7:00 PM	7:30 PM	External guests welcome, SSSIO video, Speeches, Proclamation			
7:30 PM	8:30 PM	Youth Presentation			



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Day 2 - Sunday August 31st 2025



From	To	Adult & Young Adult Track	SSE Track	From	To
5:00 AM	5:15 AM	Jyothi Meditation & Silent Sitting			
5:15 AM	5:45 AM	Omkaaram/Suprabhatam/Ashtottaram			
5:45 AM	6:15 AM	Vedam Chanting			
6:15 AM	7:00 AM	Nagarsankeertan			
7:00 AM	7:30 AM	Yoga			
7:30 AM	8:30 AM	Breakfast			
8:30 AM	9:45 AM	Pancharatna Kritis			
9:45 AM	10:15 AM	Break	SSE Check In	9:45 AM	10:00 AM
10:15 AM	11:30 AM	Speaker Session: Bro Srikanth Vaidyanathan	SSE - YA Olympics & Water Break	10:00 AM	11:45 AM
11:30 AM	11:45 AM	Sai 100 Program - Devotional & Service			
11:45 AM	1:00 PM	Lunch	Lunch	12:00 PM	1:00 PM
1:00 PM	2:00 PM	Be in Tune with Divine	SSE Session 4	1:15 PM	2:30 PM
2:00 PM	3:30 PM	Service Activity Indoor (in groups)	SSE Break & Connect	2:30 PM	3:45 PM
3:30 PM	4:00 PM	Break	Break	3:45 PM	4:00 PM
4:00 PM	4:15 PM	SSE Video /Sai 100 Presentation 3			
4:15 PM	4:30 PM	Service Videos & Updates			
4:30 PM	4:45 PM	Vote of Thanks			
4:45 PM	5:45 PM	Bhajans & Arathi (Adults & YA)			
5:45 PM	7:15 PM	Closing Prayaers, Dinner, Wrap up			