

Vedanta Society of Calgary
presents
Spiritual Retreat on
Karma Yoga - The Yoga of Everyday Life by

Swami Atmarupananda-ji and Swami Kripamayananda-ji

[17-18 August 2019 @ Vedanta Center, Unit 405, 4655-54 Avenue NE, Calgary, AB, T3J 3Z4](#)

Saturday, 17 August 2019

10:00 a.m. – **Welcome to Swami Atmarupananda-ji & Swami Kripamayananda-ji**

10:05 a.m. – Opening Song – Anasuya Ganguly Chattopadhyay

10:10 – 11:10 a.m. – **Karma Yoga – The Yoga of Everyday Life Session I –**

11:10 – 11:25 a.m. – Tea / Coffee Break

11:25 a.m. – 12:25 p.m. – **Karma Yoga & Practical Vedanta – Swami Kripamayananda-ji**

12:25 – 12:45 p.m. – **Guided Meditation – Swami Kripamayananda-ji**

12:45 – 1:00 p.m. – **Question & Answer Session – Swami Atmarupananda-ji & Swami Kripamayananda-ji**

1:00 – 2:00 p.m. – Lunch Break

2:00 – 3:30 p.m. – **Karma Yoga – The Yoga of Everyday Life - Session II –**

3:30 – 3:50 p.m. – Tea / Coffee Break

3:50 – 5:20 p.m. – **Karma Yoga – The Yoga of Everyday Life - Session III –**

5:20 – 5:45 p.m. – **Question & Answer Session – Swami Atmarupananda-ji & Swami Kripamayananda-ji**

Sunday, 18 August 2019

10:00 a.m. – Opening Song – Anasuya Ganguly Chattopadhyay

10:05 – 11:35 a.m. – **Karma Yoga – The Yoga of Everyday Life - Session IV –**

11:35 – 11:50 a.m. – Tea / Coffee Break

11:50 a.m. – 12:50 p.m. – **Karma Yoga – The Yoga of Everyday Life – Session V –**

12:50 – 1:10 p.m. – **Question & Answer Session –**

1:10 – 2:10 p.m. – Lunch Break

2:10 – 3:40 p.m. – **Karma Yoga – The Yoga of Everyday Life - Session VI –**

3:40 – 4:00 p.m. – Tea / Coffee Break

4:00 – 5:30 p.m. – **Karma Yoga – The Yoga of Everyday Life - Session VII –**

5:30 – 6:00 p.m. – **Question & Answer Session –**

6:00 p.m. – Vedic Chanting – Young Devotees of Calgary