

## **The Spirit of Kirtan Camp**

Dec 18 – 20, 2020

Strathean Retreat Centre

### **Friday 18 December:**

5:pm - Meet & Greet. Inauguration prayer and meditation.

Introduction: What is Spirit of Kirtan? What is mantra and the powerful benefits of repeating mantra personally and collectively. Using your voice for empowerment on all levels.

7:00 pm – Dinner

8:00 pm – Kirtan (call & response chanting)

### **Saturday 19**

7:00 – Morning meditation with mantra repetition (mantra jap) – with Shikhaa

8:00 – Breakfast

9:00 – Vedic chant/hymn (Brahm gyaanvali mala) & meditation – with Shikhaa

10:15 – Morning tea

10:45 – Drumming, percussion and rhythm – with Mayank

11:45 – Kirtan circles

13:00 – lunch

15:00 – Qi Gong & breath work – with Mayank

15:30 – Mantra jap & meditation – with Mayank & Shikhaa

19:00 – Dinner

18:00 – Kirtan

### **Sunday 20**

7:00 – Havan (a fire tradition, singing Gyatri mantra)

8:00 – Breakfast

9:00 – Vedic chant/hymn (Brahm Gyaanvali Mala) & meditation – with Shikhaa

10:15 – Morning tea

10:45 – Drumming, percussion and rhythm – with Mayank

11:45 – Kirtan circles

13:00 – lunch, followed by clean up

3:00 – Final Kirtan

4:00 - End