



# *European Young Adults Retreat 2025*

Thursday, 3rd of July to Sunday, 6th of July in Budapest

Spiritually Rise in 2025

## Thursday 3<sup>rd</sup> July

Earlier arrival possible – doors opening at 12:00 pm (meditation room is open)

3 pm – 4 pm	Arrival
4 pm – 5:30 pm	Tuning-in, Warm-up, and Getting-to-Know-You-Games
5:30 pm – 7 pm	<i>Dunch</i> (Lunch or Dinner) more arrivals
7 pm – 7:30 pm	<b>Welcome</b> Preview, Agenda Introduction of the Retreat Theme: Spiritually Rise in 2025
7:30 pm – 8:30 pm	<b>Meditation</b>
8:30 pm – 9 pm	TBD
9 pm – 9:30 pm	Break and Tea-Time
9:30 pm	Diary Fun

## Friday 4<sup>th</sup> July

8 am – 9 am	<b>Meditation (hybrid)</b>
9 am – 10 am	Breakfast
10 am – 12 am	<b>Spiritual Workshop 1 (hybrid)</b>
12 am – 12: 30 am	Break
12:30 am – 1:30 pm	<b>Meditation</b>
1:30 pm – 2.30 pm	Lunch break
2:30 pm – 5.30 pm	<b>Visit of the Margaret-island</b>
5:30 pm – 6:30 pm	<b>Satsang (hybrid)</b>
6:30 pm – 7:30 pm	Dinner



7:30 pm – 8 pm	Free Time /Extra Meditation Time
<b>8.30 pm – 9.30 pm</b>	<b>Stories of Grace Evening</b> <i>How did you come to the path? &amp; Closing Meditation</i>
9.30 pm	Diary Fun

## Saturday 5<sup>th</sup> July

<b>8 am – 9 am</b>	<b>Meditation (hybrid)</b>
9 am – 10 am	Breakfast
<b>10 am – 12 am</b>	<b>Spiritual Workshop 2 (hybrid)</b>
12 am – 12: 30 am	Break
<b>12:30 am – 1:30 pm</b>	<b>Meditation</b>
1:30 pm – 2.30 pm	Lunch break
2.30 pm – 4 pm	Free Time / Extra Meditation Time
5 pm – 6 pm	Online Satsang (Youtube Broadcast) <b>(hybrid)</b>
6 pm – 7 pm	Preparation of the cultural evening
7 pm – 8 pm	Dinner
<b>8 pm – 9:30 pm</b>	<b>Cultural Evening</b>
9:30 pm	Diary Fun

## Sunday 6<sup>th</sup> July

<b>8 am – 9 am</b>	<b>Meditation (hybrid)</b>
9 am – 10 am	Breakfast
<b>10 am – 11 am</b>	<b>Spiritual Workshop n°3 (hybrid)</b>
11 am – 11: 30 am	Closing of the Meeting



11:30 am – 12:30 pm	Packing
12:30 pm – 1 pm	Lunch and Farewell
1 pm	Cleaning seva

