

MEDITATION RETREAT WITH HER HOLINESS, AMMA SRI KARUNAMAYI

Mantra Japam / Bhajan Kirtan Schedule (subject to change)

FRIDAY, OCT. 2

Ganapathi Atharva Sheersham & Rudram (Namakam Chamakam) (35 min)
Samputita Srisuktam (10 min)
Amma Astothara Shatanamaavali (5 min)
Kirtans/Bhajans (10-15 min)
Shanti Mantras (2 min)
Shiva Panchakshari (x108) or until Amma's joins the session

SATURDAY, OCT. 3

Ganapathi Atharva Sheersham & Rudram (Namakam Chamakam) (35 min)
Hanuman Chalisa (8 min)
Kirtans/Bhajans (10-15 min)
Shanti Mantras (2 min)
Shiva Panchakshari (x108) or until Amma's joins the session

SUNDAY, OCT. 4

Ganapathi Atharva Sheersham & Rudram (Namakam Chamakam) (35 min)
Devi Slokas (5 min)
Kirtans/Bhajans (10-15 min)
Shanti Mantras (2 min)
Shiva Panchakshari (x108) or until Amma's joins the session

