

Earth Week Activities April 17-20

<i>April 17</i>	<i>We are Spiritual Beings Capable of Positive Change Within and Without</i>
4:00-5:00	Wake-up and full bathing
5:00-5:30	Kiirtan dance chanting and meditation
5:30-6:00	Walking meditation
7:00-8:00	Asanas, massage and dead pause
9:00-12:00	Lecture on the importance of Spiritual disciplines workshop yoga asanas (Yoga of animal poses and how they can help conserve Mother Earth) Animal poses and guided meditation on Mother Earth's support Washing- half Bath to refresh the body before Meditation
12:00-12:30	Prepare for Collective Meditation Kiirtan Chanting, yoga dynamics
1:30-2:00	Break complete silence (Maona Brata)
2:00-3:30	Talk on vegetarianism with video: <i>The Secret Reason We Eat Meat</i>
3:30-4:45	Talk of dances of Kaoshikii and Tandaya Lalita Nrtya meditation inner dance, beats and drums, rattling sound
4:45-5:15	Evening Bath prepare of Collective Kiirtan chanting, dance and Meditation
5:15-6:30	Asanas then Kiirtan Dance and meditation
6:30-7:30	Wash hands and feet
7:30-8:45	Film on Sentient Food (diet for health and higher consciousness)
8:45-9:15	Meditation
9:15	Lights off



Earth Week Activities April 17-20

<i>April 18</i>	<i>The Ocean: Heart of the Planet</i>
4:00-5:00	Wake-up and full bathing
5:00-5:30	Kiirtan dance chanting and meditation
5:30-6:00	Walking meditation
7:00-8:00	Asanas, massage and dead pause
9:00-10:00	Film viewing— <i>Blue Planet One Ocean</i>
10:00-12:00	Learning to make vegetarian cuisine
1:00-2:00	Blue Planet—Coral Reefs
2:00-3:30	Drumming with Jing
4:00-6:00	Snorkeling Sunset meditation
7:30-8:00	The Lorax performance
8:00	Bhajans, Spiritual Song, Stories, Meditation
9:15	Lights Out



Earth Week Activities April 17-20

<i>April 19</i>	<i>Climate Change: What is it and What can I/We do about it?</i>
4:00-5:00	Wake-up and full bathing
5:00-5:30	Kiirtan dance chanting and meditation
5:30-6:00	Walking meditation—think about the human impact on the planet
7:00-8:00	Asanas, massage and dead pause
9:00-12:00	Film An Inconvenient Truth Sequel-Truth to Power Climate Change Discussion
1:00-2:30	Greta Thunberg National Geographics: How plastics are made? What can I do? It is up to all of us: Consume Differently: What you Buy, What You Eat, How you get You Power
2:30-4:00	Drumming with Jing
4:00-6:00	Snorkeling Sunset meditation
7:30-8:00	Evening Bath prepare of Collective Kiirtan chanting, dance and Meditation
9:00	Lights Out



Earth Week Activities April 17-20

<i>April 20</i>	<i>A Celebration of Mother Earth through Creative Expressions</i>
4:00-5:00	Wake-up and full bathing
5:00-5:30	Kiirtan dance chanting and meditation
5:30-6:00	Walking meditation
7:00-8:00	Asanas, massage and dead pause
9:00-12:00	Face Painting/Dream Catchers/Painted Earth Eggs How Animal Poses Can Help Mother Earth
1:00-	Art Exhibition
5:30-6:10	Sunset performance: Minstrels of Hope
8:00-	Situation in Philippines/Stairway—what can we do in our community? Performance Zeus and Jing Screening Paris to Pittsburg Izana Minstrels of Hope An evening chant/prayer/candles for a better self and world

