

Offering by the Young Adults of Region 3

09/05/15 Saturday Night YA Program

Shadow Play and A Capella Program "SaiCapella"

09/06/15 Sunday YA Agenda

11.00 a.m. – 12.00 p.m. Opening Prayers, 2 -3 Bhajans & Ice Breakers

12.00 p.m. - 1:30 p.m. Lunch

1:30 p.m.- 2:15p.m. YAs Sharing Experiences - Sharing session on How Swami's teachings help in our daily life

2:15 p.m. – 3.00 p.m. Interactive Workshop

3.00 p.m. – 4.00 p.m. Nature Walk (subject to weather)

4.00 p.m. - 4:30 p.m. Breathing Exercises to help deal with stress

4:30pm - 5:30pm - Discussion on current and ongoing YA activities

Closing Prayers