

Baba Nam Kevalam: infinite love is all there is
The 13th Sydney Summer Spiritfest 2016 Programme
Celebrating Divinity on the Land of the Guringai People

Friday 8th January

- 5.30 pm festival newbies meet in the Dada Prana Meditation Hall
6.00 kiirtan (chanting) & meditation (sadhana), reading by Jayadiipa /JD (Georgina)
7.00 **dinner** all meals fabulously prepared by Kanika and Madhu
8.15 **festival welcome:** Mudita's CD launch followed by a Musical Celebration of the Divine

Saturday 9th January

- 6.45 am yoga with Jarnica or world music fitness class with Arati - seven dances cakra focus
7.30 kiirtan & meditation with a reading by Purnima / Patsy
8.15 Youth yoga & guided meditation in Mudra Room with Prema / Kerrie
8.40 today's workshop presenters will give an outline – **don't miss this!**
9.30 **self-serve breakfast** 12-step meeting at *Dharma Delight*
10.30 **Workshops** see whiteboard in Dining Hall. Youth programme – high rope adventures
12.30 **lunch**
2pm **Womyn's circle** Meditation Hall **Men's circle** Bliss Hall **Young women** Mudra Room
4.15 choir / spa / film / bush walking / rehearsals for evening concert / café time / resting
6.00 kiirtan & ma om meditation led by Rashmii, reading by Shivapriya / Karen
7.00 **dinner** concert sound checks at 7.30pm in Bliss Hall
8.15 **Soul Music Concert** MC: Vineeta / Rachael Sound: Mukti / Mignon
10.30 **Dance** let's get this party started! Our dance is divine and life is the perfect dance floor.

Sunday 10th January

- 6.45 am yoga with Jarnica or world music fitness class with Arati - seven dances cakra focus
7.30 kiirtan & meditation with a reading by Vineeta / Rachael
8.15 Youth yoga & guided meditation in Mudra Room with Prema / Kerrie
8.40 today's workshop presenters will give an outline – **don't miss this!**
9.30 **self-serve breakfast** 12-step meeting at *Dharma Delight*
10.30 **Workshops** see whiteboard in Dining Hall. Youth programme – Parkour & Manly Beach
12.30 **lunch** rehearsals for Spiritfest choir 1-2pm
2pm **When Camels Could Fly**, theatre by Bronwyn Vaughan in Bliss Hall
3.30 **Closing** with Spiritfest choir; story from Jai; Dances of Universal Peace with Benzion
5.00 **goodbyes** and thanks for sharing your Divinity with us all at Spiritfest
6.00 **Welcome** to our **Retreat Programme** kiirtan & sadhana, reading by Inika and birthday blessings for Inika's 60th and Arati's 50th
7.30 **dinner**
8.30 **Time Travel Stories** join us in the Meditation Hall

Monday 11th January

- 7.00 am Maonabrata (silence) during breakfast
8.00 Tai Chi in the Bush with Maria-Eleni
8.45 Sadhana Shiviir (alternating sadhana & kiirtan), reading by Dayamayii & Maniika
11.00 Workshop with Bratatii – Further Adventures of the Mind
1pm **lunch**
2.15 Workshop with Pranava – Why is spirituality so important in our life?
4.00 Help with packing and cleaning up
5.30 **Closing** kiirtan & sadhana, reading by Bratatii
7.00 **dinner** and goodbyes – see you at collective meditation Sunday 7th February at Tempe

All meal times include clean up – please wash your own plate.

First Aid kit is in kitchen. If you need medical attention please see Aparesha.

Please be on time. Mahima will ring the bell 5 minutes before activities.

Late night kiirtan will be held at the end of each day. Use lamps at night to save turning on overhead lights.

A colouring mandala table and a range of stalls are at the back of the Bliss Hall for your enjoyment.

*When one attains the stage of divinity, then what one thinks, one says, and what one says, one does.
There is no difference between thinking, saying and doing. And that is the best stage of human
existence. You should all try to be like this. Shrii Shrii Anandamurti.*