



**Vivekananda Vedanta Society of Chicago**  
**Organizes a Spiritual Retreat**  
**from June 27 to 29, 2025 at**  
**Vivekananda Retreat, Ganges, MI**  
**Swami Satyamayananda**  
 Vedanta Society of Western Washington, Seattle

**MANTRA YOGA**

7 - 7.30 pm  
 7.30 - 8.30 pm  
 8.30 - 9.30 pm

**Vesper Service**  
**Dinner**

June 27, Friday

**Session 1: Invocation and Introduction**  
*This is Your Mind, (Mon-tor)*

June 28, Saturday

6.00 - 7.30 am  
 7.30 - 8 am  
 8 - 8.45 am  
 9 - 10.30 am  
 10.30 - 11 am  
 11 - 12.30 am  
 12.30 - 2 pm  
 2 - 3.30 pm  
 3.30 - 5 pm  
 5 - 5.30 pm  
 5.30 - 6 pm  
 7 - 8 pm  
 8 pm

**Japa and Meditation**  
**Chanting from Gita & Suprabhatam**  
**Breakfast**

**Session 2: The Three Powers in a Mantra and Q/A**  
**Tea Break**

**Session 3: Mantra to Counter Maya and Q/A**  
**Lunch Break**

**Seva Yoga**  
**Session 4: The Three Parts of a Mantra and Q/A**  
**Devotional Songs**

**Tea Break**  
**Arati & Meditation**  
**Dinner**

June 29, Sunday

6.00 - 7.30 am  
 7.30 - 8 am  
 8 - 8.45 am  
 9 - 10.30 am  
 10.30 - 11 am  
 11 - 12 pm  
 12.30 - 1.30 pm

**Japa and Meditation**  
**Chanting from Bhagavad Gita & Suprabhatam**  
**Breakfast**  
**Session 5: Mantra and the Conquest of Death and Q/A**  
**Tea Break**  
**Sunday Service: Sri Ramakrishna's Divine Yoga**  
**Lunch**

**For Registration visit**  
[chicagovedanta.org/ganges-retreats/](http://chicagovedanta.org/ganges-retreats/)