

2026 Toronto Sikh Retreat Agenda

Wednesday, December 31, 2025 – Arrival & New Year's Eve Kirtan

Time	Agenda Item	Description
1:00 PM	Arrive for Set-up	Set-up diwan hall and all spaces
4:00 PM	Guru Granth Sahib Ji	Bring Guru Granth Sahib Ji from Brantford Gurdwara
6:00 PM	Arrival & Registration	Settle into accommodations and check in with the welcome team. Chai and snacks available
8:00 PM	Dinner	Dinner served in Dining Hall
9:30 PM – 12:30 AM	New Year's Eve Kirtan Darbar	Ring in the new year with Sangat through an extended evening of kirtan and reflection.
1:30 AM	Snacks, Sohila & Lights Out	Light snacks End the night with Sohila before resting for the next day.

Thursday, January 1, 2026 – A Gentle Start

Time	Agenda Item	Description
8:00 AM	Nitnem	Daily Gurbani recitation together in Sangat.
8:45 AM - 9:00 AM	Breakfast - grab-n-go	Breakfast in lounge area
9:00 AM	Morning Divan	A later start to the day with Asa ki Vaar.
11:00 AM – 12:00 PM	Free Time	Unstructured time for rest, conversations, walks, or personal reflection.

11:30 AM	Registration	New attendees arrive, register and settle into accommodations.
11:30 AM	Lunch	
1:00 PM	Workshop 1	Opening workshop introducing key retreat themes through interactive learning and discussion. ART Workshop- Everyone together
2:30 PM	Ice Breakers & Outdoor Activity	Ice Breaker Activity, followed by recreational activities on the ranch grounds to build connection and energy.
4:00 PM	Chaa & Snacks	Warm tea and snacks served to bring everyone together informally.
4:30 PM	Free Time	Short break before the evening program begins.
5:00 PM	Dinner	
6:00 PM	Evening Divan	Evening kirtan and reflections to close the first full day together.
8:30 PM	Seva Team Icebreakers	Seva Teams - Fort Making (Gingerbread houses). Ground Rules Snacks
10:00 PM	Sohila & Lights Out	End the day with evening recitation and rest.

Friday, January 2, 2026 – First Full Day

Time	Agenda Item	Description
5:30 AM	Wake Up & Get Ready	Prepare for the day's activities and divan.
6:00 AM	Parkash & Simran	Bringing the Guru to the divan hall and continuing morning recitation.
6:30 AM	Nitnem	Daily Gurbani recitation together in Sangat.
7:00 AM	Morning Divan	Collective kirtan and reflection to set the tone for the day (7 AM wake-up for youth/kids).

8:30 AM	Breakfast	
9:30 AM	Workshop 1	Engaging thematic session for each age group. Adults - Santbir Singh Youth - Kulvir Singh Kids - Manpreet Kaur
10:45 AM	Workshop 2	Engaging thematic session for each age group. Adults - Jaspreet Kaur Youth - Pardeep Nagra Kids - Manpreet Kaur
12:00 PM	Lunch	
1:00 PM	Workshop 3	Focused group discussions and activities building on the morning themes. Adults - Pardeep Nagra Youth - Sharanjeet Kaur Kids - Santbir Singh
2:30 PM	Outdoor Activity	Group recreation to strengthen bonds and enjoy the natural surroundings. 2 activities to choose from (1 outside, 1 indoor)
4:00 PM	Free Time	Rest, journalling, informal conversations, or nature walks.
5:00 PM	Dinner	
6:00 PM	Evening Divan	Evening kirtan and Sabad reflection.
8:30 PM	Discussion Club	Discussion on different topics in small groups Snacks
10:00 PM	Sohila & Lights Out	End the day with evening recitation and rest.

Saturday, January 3, 2026 – Workshops & Community

Time	Agenda Item	Description
5:30 AM	Wake Up & Get Ready	Prepare for the day's activities and divan.
6:00 AM	Parkash & Simran	Bringing the Guru to the divan hall and continuing morning recitation.
6:30 AM	Nitnem	Daily Gurbani recitation in Sangat.
7:00 AM	Morning Divan	Kirtan and collective reflection to open the day (7 AM wake-up for youth/kids).
8:30 AM	Breakfast	
9:30 AM	Workshop 1	Thematic deep-dive sessions for each age group. Adults - Kulvir Singh Youth - Manpreet Kaur Kids - Santbir Singh
10:45 AM	Workshop 2	Thematic deep-dive sessions for each age group. Adults - Sharanjeet Kaur Youth - Moninder Singh Kids - Rapinder Kaur
12:00 PM	Lunch	
1:00 PM	Workshop 3	Focused discussions and practical engagement with the day's theme. Adults - Moninder Singh Youth - Santbir Singh / Jaspreet Kaur Kids - Skit practice
2:30 PM	Outdoor Activity	CSR Activities - Ropes Course - Archery -
4:00 PM	Free Time	Space for rest, reflection, or informal conversation.
5:00 PM	Dinner	
6:00 PM	Evening Divan	Evening kirtan and Sabad vichaar.
8:30 PM	Talent Night	Poetry, music, and creative sharing by participants.

		Snacks
10:00 PM	Sohila & Lights Out	End the day with evening recitation and rest.

Sunday, January 4, 2026 – Wrap Up & Departure

Time	Agenda Item	Description
6:30 AM	Wake Up & Get Ready	Final morning preparation and packing.
7:15 AM	Parkash	Morning divan set up
7:30 AM	Nitnem & Morning Divan	Closing morning divan to end the retreat spiritually connected.
9:30 AM	Breakfast	
10:30 AM	Wrap Up Session	Kids skit Debrief, feedback forms, group picture, and collective closing reflections.
11:30 AM	Clean Up & Departure	Packing, final goodbyes, and departure from the campsite.