

Retreat Schedule

8:00 Movement/stretching

8:30 Meditation (30 min)

9:00 Breakfast

10:00 Lecture

11:00 Meditation (40 min)

12:00 Meditation (40 min)

1:00 Lunch

2:00 Park / walking meditation

3:00 Lecture

4:00 Meditation (40 min)

4:45 Meditation (40 min)

5:30 Workout

6:30 Break

8:00 Dinner

9:30 Meditation (30 min)

10:00 Sleep