

Daily Retreat Schedule

Deepening into Stillness 2025



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| 6.00 | Wake-up bell |
| 6:15 | Yoga or Exercise (Individual practice) |
| 7.00 | Sitting Meditation |
| 7:45 | Breakfast & Work period |
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| 09:30 | Daily instructions, guided meditation Plus ~20 mins Q&A / responses about practice |
| 10:30 | Walking meditation (30mins) |
| 11:00 | Sitting Meditation (30mins) |
| 11.30 | Walking meditation (30mins) |
| 12:00 | Sitting Meditation (30 mins) |
| 12.30 | Lunch & Clean Up |
| | Rest |
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| 2:00 | Open Dharma Inquiry |
| 3:00 | Walking meditation (30mins) |
| 3:30 | Sitting Meditation (30 Mins) |
| 4:00 | Mindful Movement practice (60 mins) |
| 5:00 | Evening meal & Clean Up |
| | Rest |
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| 6:30 | Sitting Meditation (20 mins) Short break |
| 7.10 | Dharma Talk |
| 8.00 | Standing or Walking meditation (15 mins) |
| 8:15 | Sitting Meditation and/or guided relaxation, poetry... |
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| 9.00 | Rest |