

## *The Inner Rhythm of Being*

### *Daily Retreat Schedule*



<b>6.00</b>	<b>Wake-up bell</b>
<b>6:15</b>	<b>Yoga or Exercise (Individual practice)</b>
<b>7.00</b>	<b>Sitting Meditation (45 mins)</b>
<b>7:45</b>	<b>Breakfast &amp; Work period</b>
<b>09:15</b>	<b>Daily instructions, guided meditation and Q&amp;A regarding practice</b>
<b>10:00</b>	<b>Walking meditation (30 mins)</b>
<b>10:30</b>	<b>Sitting Meditation (30 mins)</b>
<b>11:00</b>	<b>Somatic Practices</b>
<b>12.00</b>	<b>Sitting Meditation (30 mins)</b>
<b>12.30</b>	<b>Lunch &amp; Clean Up</b>
	<b>Rest</b>
<b>2:00</b>	<b>Open Dharma Inquiry</b>
<b>2.45</b>	<b>Walking meditation (45mins)</b>
<b>3:30</b>	<b>Sitting Meditation (45 Mins)</b>
<b>4:15</b>	<b>Mindful Movement with music</b>
<b>5.15</b>	<b>Break</b>
<b>5:30</b>	<b>Evening meal &amp; Clean Up</b>
	<b>Rest</b>
<b>7.00</b>	<b>Sitting Meditation (30 mins) Short break</b>
<b>7.35</b>	<b>Dharma Talk</b>
<b>8.20</b>	<b>Stretch break (10 mins)</b>
<b>8:30</b>	<b>Evening program and/or guided relaxation, poetry...</b>
<b>9.00</b>	<b>Rest</b>