

DEEPENING INTO STILLNESS 2024

Daily Retreat Schedule



The sessions in * are suggested minimum required attendance

6.00	Wake-up bell
6:15	Yoga or Exercise
7.00	Sitting Meditation
7:45	Breakfast & Clean up
09:30	* Daily instructions & Sit *
10:15	Walking meditation or *Small Group Meeting*
11:00	Sitting Meditation
11:45	Walking meditation or *Small Group Meeting*
12:30	Lunch & Clean up
	Rest
2:00	* Open Inquiry Session *
3:00	Walking meditation (30mins)
3:30	Sitting Meditation
4:00	Mindful Movement practice
5:00	Evening meal & Clean up
	Rest
6:30	Sitting Meditation
6.55	Small Break
7:00	* Dharma Talk *
7.45	Break (10mins)
7.55	Evening program: includes, yoga nidra, mindful movement, music, Loving kindness meditation etc..
8.45	Rest