

Relaxing Meditation Retreat Schedule

Thursday, February 22

3:00-5:30 Check-in and settle into cottages
5:30-6:30 Dinner
6:30-8:00 Introductions and first meditation session

Friday, February 23

7:15-8:00 Morning movement
8:00-9:00 Breakfast (silent)
9:00-10:00 Meditation Instruction and practice
10:00-10:30 Tea (silent)
10:30-11:45 Meditation discussion and practice
12:00 Lunch (silent)
1:00-2:30 Bodywork by appointment, walking meditation, open time (silent)
2:30-3:30 Movement
3:30-4:30 Meditation practice
4:30-5:30 Questions and discussion
5:30 Dinner (silent)
6:30-7:30 Meditation practice
Evening silence

Saturday, February 24

7:15-8:00 Morning movement
8:00 Breakfast (silent)
9:00-10:00 Meditation Instruction and practice
10:00-10:30 Tea (silent)
10:30-11:45 Meditation discussion and practice
12:00 Lunch (silent)
1:00-2:30 Bodywork, walking meditation, open time (silent)
2:30-3:30 Movement
3:30-4:30 Meditation practice
4:30-5:30 Questions and discussion
5:30 Dinner (silent)
6:30-7:30 Meditation practice
Evening silence

Sunday February 25

7:15-8:00 Morning movement
8:00-10:00 Meditation discussion, questions and practice
10:00 Brunch
11:00 Check out