

## 7 Day Meditation Retreat Schedule

All retreats are self-directed, therefore you are free to sit as much or as little of the schedule as you feel is right for you.

### Monday (arrival day)

1:00pm-2:30pm Arrivals (Mondays and Fridays)  
2:30-3:00 Welcome talk & logistics  
3:00pm-3:30pm Sit (Guided)  
3:30pm-4:30pm Sit  
4:30pm-5:30pm Group Process  
5:30pm-6:00pm Seva/Rest  
6:00pm-6:45pm Dinner  
6:45pm-7:45pm Seva/Rest  
7:45pm-8:30pm Sit  
8:30pm-9:00pm Sit  
9:00pm-10:00pm Group Process

### Daily Schedule (Tuesday - Saturday)

6:00am-6:30am Wake-up bell  
6:30am-7:00am Sit  
7:00am-7:30am Sit  
7:30am-8:15am Seva/Rest  
8:15am-9:00am Breakfast  
9:00am-9:30am Seva  
9:30am-10:00am Sit  
10:00am-10:30am Sit  
10:30am-11:30pm Group Process  
11:30am-12:00pm Sit  
12:00pm-1:00pm Seva/Rest  
1:00pm-2:30pm Lunch/Seva/Rest  
2:30pm-3:00pm Sit  
3:00pm-3:30pm Sit  
3:30pm-4:30pm Sit  
4:30pm-5:00pm Gong Savasana  
5:00pm--6:00pm Seva/Rest  
6:00pm-7:15pm Dinner/Seva/Rest  
7:15pm-8:30pm Talk/Teaching  
8:30pm-9:00pm Sit  
9:00pm-9:30pm Sit  
9:30pm Sleep

### **Departure Day (Friday or Sunday)**

6:00am-6:30am Wake-up bell  
6:30am-7:00am Sit  
7:00am-7:30am Sit  
7:30am-8:15am Break/ Seva  
8:15am-9:00am Breakfast  
9:00am-9:30am Seva  
9:30am-10:00am Sit  
10:00am-10:30am Sit  
10:30am-11:30pm Group Process  
11:30-12:00 Departure/ Seva

### **Optional Night Yaza Schedule (Night Meditation)**

10:00pm-10:30pm Chanting  
10:30pm-11:00pm Sit  
11:00pm-11:30pm Sit  
11:30pm-12:00am Sit  
12:00am-12:30am Sit/Walk/Yoga Stretching  
12:30am-1:00am Sit  
1:00am-1:15am Break  
1:15am-1:45am Snack in dining room  
1:45am-2:00am Break  
2:00am-2:30am Sit  
2:30am-3:00am Sit  
3:00am-3:30am Sit  
3:30am-4:00am Sit  
4:00am-4:30am Sit  
4:30am-5:00am Sit