

Children's 3 Day Retreat Schedule:

FRIDAY

- 3:00- 6:00pm Arrival/ Orientation /Group activities for children**
6:00 pm Dinner
7:00 pm Welcome Talk
7:45 pm Break
8:00 pm Intro to Natural Breath Meditation and Initial Meditation
8:45 pm Ready for Bedtime
9:00 pm Lights Out
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SATURDAY

- 7:00 am Wake up Bell
7:15 am Wake Up Your Body Movement Class
7:30 am Meditation (parents and kids)
8:00 am Breakfast followed by Free Family Time*
9:00 am Meditation (parents and kids)
9:30 am Snacks, Group Activities for Children (Parents participation optional)
11:30 am Meditation (parents and kids)
12:00 pm Lunch followed by Free Family Time*
1:30 pm Meditation (parents and kids)
2:15 pm Break and Snack
2:30 pm Meditation (parents and kids)
3:15 pm Group activities for children**
4:30 pm Sound Meditation with Gongs (parents and kids)
5:15 pm Break
5:30 pm Dinner followed by Free Family Time*
7:00 pm Meditation (parents and kids)
7:45 pm Parents Only Group Discussion/Kids Group Discussion
8:45 pm Ready for Bedtime
9:00 pm Lights Out
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SUNDAY

- 7:00 am Wake up Bell

7:15 am Wake Up Your Body Movement Class
7:30 am Meditation (parents and kids)
8:00 am Breakfast followed by Free Family Time*
9:00 am Meditation (parents and kids)
9:45 am Group activities for children, parents optional **
11:15 am Meditation (parents and kids)
11:45 am Laughing Meditation (parents and kids)
12:00 pm Lunch
1:00 pm Final Group Discussion (Parents and Kids)
2:15 pm **Recommended Home Practice and Final Meditation (Parents and Kids)**
3:00pm - 4:00pm Departure

* Parents are responsible for kids

** Activities may include nature walks, badminton, spikeball, manhunt, games, arts and crafts, capture the flag, sponge/ water fight etc.