**Friday August 26th – Sunday August 28th**

**Schedule**

Friday August 26

3 to 5 pm – arrival and set-up

6 pm – dinner

7.30 pm – introduction, silence begins

8.30 pm -break

8.45 pm – guided meditation

9.15 pm – meditation ends  
10 pm – lights out

Saturday August 27th

7.30 am – Qi Gong followed by 30 minute meditation  
9.00 am – breakfast / break  
10.30 am – talk / guided meditation  
11.30 am – break  
11.50 am – silent walk  
12.30 pm – lunch / break  
2.30 pm – movement

3.30 pm – break  
4 pm – silent meditation   
4.40 pm – break

5 pm – interactive meditation Circle

6 pm – dinner / break  
7.30 pm – talk / interactions  
8.30 pm – break  
8.45 pm – meditation

9.15 pm – meditation ends  
10 pm – lights out

Sunday August 28

7.30 am – Qi Gong followed by 30 minute meditation  
9.00 am – breakfast / break  
10.30 am – guided meditation   
11.30 am – break  
11.50 – silent meditation, silence ends  
12.30 – lunch / break  
2 pm – closing Fire Circle

**Retreat ends at 4 pm.**