**Friday May 5th – Sunday May 7th**

**Schedule**

Thursday August 24

3 to 5 pm – arrival and set-up

5.30 pm – dinner

7 pm – introduction, silence begins

8 pm - break

8.15 pm – guided meditation

8.45 pm – meditation ends  
10 pm – lights out

Friday @ Saturday August 25 - 26  
7 am – wake-up bell  
7 – 8 am - lemon water + celery juice

8 am – Qigong followed by silent meditation  
9.15 am – breakfast / break  
10.30 am – guided meditation/talk  
11.15 am – break  
11.30 am – silent walk (30 minutes)  
12.30 pm – lunch / break  
2.30 pm – gentle movement + meditation

4 pm – break  
4.15 – silent meditation (30 minutes)

5.30 pm – dinner / break  
7 pm – dyads/Q & A   
8 pm – break  
8.15 pm – silent meditation

8.45 pm – meditation ends

10 pm – lights out

Sunday August 27

7 am – wake-up bell

7 – 8 am - lemon water + celery juice

8 am – Qigong followed by silent meditation  
9.15 am – breakfast / break  
10.30 am – guided meditation /talk  
11.15 am – break  
11.30 – silent meditation, silence ends  
12.30 – lunch / break  
2 pm – closing Circle

**Retreat ends at 4 pm.**