

5-Day Retreat Sample Daily Schedule

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
4:50-6:00		Archana	Archana	Archana	Archana	Archana
6:00-6:20		<i>Tea</i>	<i>Tea</i>	<i>Tea</i>	<i>Tea</i>	<i>Tea</i>
6:20-6:25		Prayer	Prayer	Prayer	Prayer	Prayer
6:25-7:05		Sit	Sit	Sit	Sit	Sit
7:20-9:00		Yoga	Yoga	Yoga	Yoga	Yoga
9:00-9:45		<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
9:45-10:25		Walk	Walk	Walk	Walk	Walk
10:25-11:05		Sit	Sit	Sit	Sit	Sit
11:05-11:15		<i>Refresh</i>	<i>Refresh</i>	<i>Refresh</i>	<i>Refresh</i>	<i>Refresh</i>
11:15-11:55		Walk	Walk	Walk	Walk	Walk
11:55-12:35		Sit	Sit	Sit	Sit	Sit
12:35-15:05		<i>Lunch /Rest</i>	<i>Lunch /Rest</i>	<i>Lunch /Rest</i>	<i>Lunch /Rest</i>	<i>Lunch /Rest</i>
15:05-15:45		Orientation 15:30-18:15	Sit	Sit	Sit	Sit
15:45-16:30	Sit w/ Amma		Sit w/ Amma	Walk	Sit w/ Amma	
16:30-16:50	<i>Tea</i>		<i>Tea</i>	<i>Tea</i>	<i>Tea</i>	
16:50-17:40	Satsang		Satsang	Meditation with Amma	Satsang	
17:40-18:20	Walk		Walk		Walk	
18:20-19:00	Bhajans	Sit	Sit	Sit		
19:00-19:45		<i>Light Dinner</i>	<i>Light Dinner</i>	Bhajans		<i>Light Dinner</i>
19:45-20:15		Darshan	Q & A	<i>Light Dinner</i> (after arati)		Walk
20:15-21:00			<i>Light Dinner</i> (after arati)	Optional Sit		Q & A