

## 9-Day Retreat Sample Daily Schedule

	Day 7	Day 8	Day 9	Day 10
4:50-6:00	Archana	Archana	Archana	Archana
6:00-6:20	<i>Tea</i>	<i>Tea</i>	<i>Tea</i>	<i>Tea</i>
6:20-6:25	Prayer	Prayer	Prayer	Prayer
6:25-7:10	Sit	Sit	Sit	Sit
7:20-9:00	Yoga	Yoga	Yoga & Satsang	Yoga
9:00-9:45	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
9:45-10:20	Walk	Walk	Walk	Walk
10:20-11:05	Sit	Sit	Sit	Sit
11:05-11:15	<i>Refresh</i>	Meditation, Q&A, Prasad Lunch w/ Amma	<i>Refresh</i>	<i>Refresh</i>
11:15-11:50	Walk		Walk	Walk
11:50-12:35	Sit		Sit	Sit
12:35-15:05	<i>Lunch/Rest</i>		<i>Lunch/Rest</i>	<i>Lunch/Rest</i>
15:05-15:50	Restorative Yoga		Sit	Sit
15:50-16:30			Sit w/ Amma	Closing
16:30-16:50	<i>Tea</i>	<i>Tea</i>		
16:50-17:40	Meditation w/ Amma	Sit	Satsang	
17:40-18:15		Walk	Walk	
18:15-19:00		Sit	Light Dinner/Walk	
19:00-20:00	Bhajans	Sit		
20:00-20:30		Sit		
20:30-21:00	<i>Light Dinner</i> <small>(after Arati)</small>	<i>Light Dinner</i> <small>(after Arati)</small>		





