

Sample Daylong Silent Retreat Schedule

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| 4:50-6:00 | Archana (optional) |
| 6:00-6:35 | <i>Tea / Orientation</i> |
| 6:35-6:45 | Lamp Lighting |
| 6:45-7:20 | Sit |
| 7:20-9:00 | Yoga |
| 9:00-9:45 | <i>Breakfast</i> |
| 9:45-10:25 | Walk |
| 10:25-11:05 | Sit |
| 11:05-11:15 | <i>Refresh</i> |
| 11:15-11:50 | Walk |
| 11:50-12:35 | Sit |
| 12:35-15:00 | <i>Lunch/Rest</i> |
| 15:00-15:35 | Sit |
| 15:35-16:20 | Sit with Amma |
| 16:20-16:40 | <i>Tea</i> |
| 16:40-17:20 | Sit |
| 17:20-18:10 | Satsang |
| 18:10-18:40 | Walk |
| 18:40-19:20 | Sit |
| 19:20-20:00 | <i>Light Dinner / Walk</i> |
| 20:00-20:30 | Sit |
| 20:30-21:00 | Closing |