

Monthlong Silent Retreat **Online** Schedule
September 9 - September 15, 2020
Week 3

	Wed Sep 9	Thur Sep 10	Fri Sep 11	Sat Sep 12	Sun Sep 13	Mon Sep 14	Tues Sep 15
4:50-6:00	Archana	Archana	Archana	Archana	Archana	Archana	Archana
6:00-6:25	Tea	Tea	Tea	Tea	Tea	Tea	Tea
6:25-6:30		Prayer	Prayer	Prayer	Prayer	Prayer	Prayer
6:30-7:15	Scripture	Scripture	Sit	Sit	Sit	Sit	Sit
7:15-8:30	Yoga	Restorative Yoga	Yoga	Yoga	Yoga	Yoga	Yoga
8:30-9:00	Sit		Sit	Sit	Sit	Sit	Sit
9:00-9:45	Breakfast	Juice / Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:45-10:15	Walk	Walk	Walk	Walk	Walk	Walk	Walk
10:15-10:30	Sit	Sit	Scripture	Daily Reflection	Satsang	Daily Reflection	
10:30-11:15				Sit		Sit	
11:15-11:30	Refresh	Refresh	Refresh	Refresh	Refresh	Refresh	Free Time
11:30-12:30	Seva	Seva	Seva	Seva	Seva	Seva	
12:30-15:00	Lunch / Rest	Juice/Lunch / Rest	Lunch / Rest	Lunch / Rest	Lunch / Rest	Lunch / Rest	Lunch / Rest
15:00-16:00	Sit	Sit	Sit	Sit	Sit	Sit	Sit
16:00-16:20	Tea	Tea	Tea	Tea	Tea	Tea	Tea
16:20-17:05	Sit	Sit	Sit	Sit	Sit	Sit	Sit
17:05-18:15	Nature Walk	Nature Walk	Nature Walk	Nature Walk	Nature Walk	Nature Walk	Nature Walk
18:15-19:30	Light Dinner	Light Dinner	Light Dinner	Light Dinner	Light Dinner	Light Dinner	Light Dinner
19:30-20:30	Bhajans / Reading	Bhajans / Reading	Bhajans / Reading	Bhajans / Reading	Bhajans / Reading	Bhajans / Reading	Bhajans / Reading
20:30-21:15	Sit / Walk	Sit / Walk	Sit / Walk	Sit / Walk	Sit / Walk	Sit / Walk	Sit / Walk
21:15-21:45	Q & A		Q & A		Contemplation	Contemplation	