

Monthlong Silent Retreat **Online** Schedule
 September 16 - September 22, 2020
Week 4

	Wed Sep 16	Thur Sep 17	Fri Sep 18	Sat Sep 19	Sun Sep 20	Mon Sep 21	Tues Sep 22
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	Sit	Sit	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	Daily Reflection	Satsang	Daily Reflection	Sit	Sit	Satsang	Sit 10:15-10:45
10:30-11:15	Sit		Sit				
11:15-11:30	Refresh	Refresh	Refresh	Refresh	Refresh	Refresh	Free Time
11:30-12:30	Seva	Sit	Sit	Sit	Sit	Coming out of Silence	
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	Closing
16:20-17:05	Sit	Sit	Sit	Sit	Sit	Sit	
17:05-18:15	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	
19:30-20:30	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	
21:15-21:45		Contemplation	Q & A		Contemplation	Contemplation	