

Amrita Silent Retreats: Celebrating Silence

with Swami Shubamritananda Puri

SAMPLE SCHEDULE

	Day 1	Day 2	Day 3
		4:50 - 6:00	Archana
		6:00 - 6:25	Tea
		6:25 - 6:45	Prayer
		6:45 - 7:30	Sit
		7:30 - 9:00	Yoga
		9:00 - 10:00	Breakfast
		10:00 - 11:05	Satsang & Reflection
		10:05 - 11:35	Walk
		11:35 - 11:55	Refresh
		11:55 - 12:40	Sit
		12:40 - 13:00	Passages on Silence
		13:00 - 15:30	Lunch / Rest / Nature Walk
	15:30 - 16:00	Opening	Reflection
	16:00 - 17:00	Orientation	Sit
	17:00 - 17:30	Tea	Tea
	17:30 - 18:00	Vow of Silence	Walk
	18:00 - 19:30	Dinner	Restorative Yoga
	19:00 - 20:00	Satsang	Dinner
	20:00 - 21:00	Rest	Reflection in Writing
		15:30 - 15:45	Reflection
		15:45 - 16:30	Sit
		16:30 - 17:00	Tea
		17:00 - 17:30	Walk
		17:30 - 18:00	Restorative Yoga
		18:00 - 19:30	Dinner
		19:30 - 20:00	Reflection in Writing
		20:00 - 21:00	Q & A

Color Key:

	Online Session
	Self Practice Session