

9-Day Amrita Silent Retreat: SAMPLE SCHEDULE

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
4:50 - 6:00		Archana	Archana	Archana	Archana	Archana	Archana	Archana	Archana	Archana
6:00 - 6:25		Tea	Tea	Tea	Tea	Tea	Tea	Tea	Tea	Tea
6:25 - 6:30		Prayer	Prayer	Prayer	Prayer	Prayer	Prayer	Prayer	Prayer	Prayer
6:30 - 7:15		Sit	Sit	Sit	Sit	Sit	Sit	Sit	Sit	Sit
7:15 - 9:00		Yoga / Sit	Yoga / Sit	Yoga / Sit		Yoga / Sit	Yoga / Sit	Yoga / Sit	Yoga / Sit	Yoga / Sit
9:00 - 10:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00 - 10:15		Words on Practice	Words on Practice	Words on Practice	Walk / Sit	Words on Practice	Words on Practice	Words on Practice	Words on Practice	Words on Practice
10:15 - 10:45		Walk	Walk	Walk		Walk	Walk	Walk	Walk	Walk
10:45 - 11:25		Sit	Sit	Sit		Sit	Sit	Sit	Sit	Sit
11:25 - 11:40		Refresh	Refresh	Refresh	Refresh	Refresh	Refresh	Refresh	Refresh	Refresh
11:40 - 12:10		Walk	Walk	Walk	Free Time	Walk	Walk	Walk / Sit	Walk / Sit	Walk / Sit
12:10 - 13:00		Sit	Sit	Satsang		Q & A 12 noon	Sit	Satsang	Sit	Sit
13:00 - 15:30		Lunch / Rest / Nature Walk	Lunch / Rest / Nature Walk	Lunch / Rest / Nature Walk		Lunch / Rest / Nature Walk	Lunch / Rest / Nature Walk	Lunch / Rest / Nature Walk	Lunch / Rest / Nature Walk	Lunch / Rest / Nature Walk
15:30 - 16:30		Sit	Sit	Sit		Sit	Sit	Sit	Sit	Sit
16:30 - 16:40		Prayer	Prayer	Prayer		Prayer	Prayer	Prayer	Prayer	Closing
16:40 - 17:00		Break	Break	Break	Sit 16:20	Break	Break	Break	Break	
17:00 - 18:00		Self Practice	Self Practice	Self Practice	Restorative Yoga	Self Practice	Self Practice	Self Practice	Self Practice	Self Practice
18:00 - 18:30	Opening									
18:30 - 19:15	Vow of Silence	Light Dinner	Light Dinner	Light Dinner	Light Dinner	Light Dinner	Light Dinner	Light Dinner	Light Dinner	Light Dinner
19:15 - 19:30	Light Dinner									
19:30 - 20:00		Bhajans	Bhajans	Bhajans	Bhajans	Bhajans	Bhajans	Bhajans	Bhajans	Bhajans
20:00 - 20:45	Satsang									Closing Arati

Color Key:

	Online Session
	Self Practice Session