

Advaita (non-dualism) Amrita Silent Retreat: SAMPLE SCHEDULE

	Day 1	Day 2		Day 3	Day 4	Day 5	Day 6
4:50 - 6:00		Archana	4:50 - 6:00	Archana	Archana	Archana	Archana
6:00 - 6:25		Tea	6:00 - 6:25	Tea	Tea	Tea	Tea
6:25 - 6:30		Prayer	6:25 - 6:30	Prayer	Prayer	Prayer	Prayer
6:30 - 7:15		Sit / Yoga	6:30 - 7:15	Guided Sit	Guided Sit	Guided Sit	Guided Sit
7:15 - 9:00		Breakfast	7:15 - 8:00	Talk 1 - Analysis	Talk 2 - Synthesis	Talk 3 - Ego	Talk 4 - Sadhana
9:00 - 10:00		Walk	8:00 - 8:15	Contemplation	Contemplation	Contemplation	Contemplation
10:00 - 10:35		Sit	8:15 - 9:00	Guided Sit / Nididhyasanam	Guided Sit / Nididhyasanam	Guided Sit / Nididhyasanam	Guided Sit / Nididhyasanam
10:35 - 11:20		Break	9:00 - 10:00	Breakfast	Breakfast	Breakfast	Breakfast
11:20 - 11:30		Walk	10:00 - 10:30	Walk	Walk / Q & A 10:00 - 11:00	Walk	Walk
11:30 - 12:05		Sit	10:30 - 11:30	Q & A		Q & A	Q & A
12:05 - 12:50		Lunch / Rest	11:30 - 11:50	Break	Break 11:00-11:50	Break	Break
12:50 - 15:00		Sit	11:50 - 12:05	Walk	Walk	Walk	Walk
15:30 - 16:15		Walk	12:05 - 12:50	Sit	Sit	Sit	Sit
16:15 - 16:50		Tea	12:50 - 15:00	Lunch / Rest	Lunch / Rest	Lunch / Rest	Lunch / Rest
16:50 - 17:00		Sit	15:00 - 15:30	Sit / Walk	Contemplation	Sit / Walk	Closing
17:00 - 18:30		Light Dinner	15:30 - 16:30	Yoga	Sit	Yoga	
18:30 - 19:15		Opening / Vow of Silence		Break	Yoga	Break	
19:15 - 21:00			Contemplation	Contemplation			
21:00 - 21:30			Sit	Sit			
			18:00-19:00	Light Dinner	Light Dinner	Light Dinner	
			19:00 -19:30	Walk	Walk	Walk	

Color Key:

	Online Session
	Self Practice Session