

# Amrita Silent Retreats: 5 Day Online Sample Schedule

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
4:50-6:00		Archana	Archana	Archana	Archana	Archana
6:00-6:25		<i>Tea</i>	<i>Tea</i>	<i>Tea</i>	<i>Tea</i>	<i>Tea</i>
6:25-6:30		Prayer	Prayer	Prayer	Prayer	Prayer
6:30-7:15		Sit	Sit	Sit	Sit	Sit
7:15-9:00		Yoga / Sit	Yoga / Sit	Yoga / Sit	Yoga / Sit	Yoga / Sit
9:00-10:00.		<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>	<i>Breakfast</i>
10:00-10:15		Words on Practice	Words on Practice	Words on Practice	Words on Practice	Words on Practice
10:15-10:45		Walk	Walk	Walk	Walk	Walk
10:45-11:25		Sit	Sit	Sit	Sit	Sit
11:25-11:40		Break	Break	Break	Break	Break
11:40-12:15		Walk	Walk	Walk	Walk	Walk
12:15-13:00		Sit	Satsang	Sit	Q & A	Sit
13:00 -15:30		<i>Lunch / Rest</i>	<i>Lunch / Rest</i>	<i>Lunch / Rest</i>	<i>Lunch / Rest</i>	<i>Lunch / Rest</i>
		Nature Walk	Nature Walk	Nature Walk	Nature Walk	Nature Walk
15:30-16:10		Sit	Sit	Sit	Sit	Closing 15:00 - 17:30
16:10-16:30		Prayer	Prayer	Prayer	Prayer	
16:30-17:00		Break	Break	Break	Break	
17:00 - 18:00		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	
19:15 - 20:00	Light Dinner	Bhajan/ Satsang	Bhajan/ Satsang	Bhajan/ Satsang	Bhajan/ Satsang	
20:00 - 20:45	Satsang					

## Color Key:

	Online Session
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