



Silent Retreat: Sample Daily Schedule (subject to change)

Sunday

3:00pm: Arrival, room check-in

4:00-5:00pm: Welcome talk and Q&A

5:00-6:00pm: Break

6:00-7:00pm: Dinner

*Silence Begins at 7:00pm

7:00-8:00pm: Guided Meditation/Silent Sitting

8:00-8:10pm: Break

8:10-8:50pm: Silent Sitting

8:50-9:00pm: Break

9:00-9:40pm: Silent Sitting

Monday - Thursday

8:00-9:00am: Breakfast

9-9:40am: Guided Meditation

9:40-9:50am: Break

9:50-10:30am: Silent Sitting

10:30-10:40am: Break

10:40-11:30pm: Silent Sitting

11:30-12:00: Break

12:00-1:00pm: Lunch

1:00-3:30pm: Free time

3:30-4:20pm: Silent Sitting

4:20-4:30pm: Break

4:30-5:30pm: Talk/Q&A

5:30-6:00pm: Break

6:00-7:00pm: Dinner

7:00-7:30pm: Break

7:30-8:20pm: Silent Sitting

8:20-8:30pm: Break

8:30-9:30pm: Sound meditation

9:30-9:40pm: Break

9:40-10:00pm: Silent Sitting

Friday

8:00-9:00am: Breakfast (Silence)

* Silence Ends

9:00-10:00am: Closing talk

10:00-11:00am: Room check out, Departure