

Daily Schedule

Virtual Silence Retreat, August 14-18, 2020

Tentative Subject to Change

6:15	Rise
7:00-7:15	Prayers
7:15-7:45	Meditation
7:45-8:30	Hatha
8:30	Breakfast
	Suggested: Walk with mantra; Contemplative Walking; Japa
10:45-11:15	Subtle Body Practice
11:15-11:30	Breathing
11:30-12:00	Meditation
12:00	Lunch
	Suggested: Rest, Inspirational Reading; Japa; Walk with mantra;
4:00-4:45	Hatha
4:45-5:15	Subtle Body Practice
5:15-6:00	Meditation
6:00	Supper
	Suggested: Walk with Mantra; Rest; Journal; Contemplation
8:00-8:15	Q and A
8:15-8:30	Prayers
8:30	Meditation