



SILENT RETREAT PROGRAM & ORIENTATION

DAY 1

4PM – CHECK-IN

5PM - SUSTAINABLE TOUR

6PM - WELCOME DINNER & ORIENTATION (PLANE MODE) * BRING ALL YOUR QUESTIONS *

DAY 2

530AM TO 630AM – SITTING MEDITATION

630AM TO 730 – GENTLE YOGA (OUTDOOR OR INDOOR)

730AM TO 9AM - BREAKFAST

9AM TO 12PM – SITTING MEDITATION, INTERSPERSED AT INTERVALS WITH WALKING MEDITATION (45 MINUTES SITTING/15 MINUTES WALKING)

12PM TO 1PM - LUNCH

1PM - 4PM - FREE TIME FOR HIKING, JOURNALING, GARDENING, MEDITATION, REST, READING, ETC.

4PM TO 6PM – SITTING MEDITATION, WALKING MEDITATION OR GENTLE YOGA (RUTH'S CLASS: 4PM – 430PM)

6PM - 7PM - DINNER

7PM TO 9PM – SITTING MEDITATION AND/OR SHAVASANA

DAY 3

530AM TO 630AM – SITTING MEDITATION

630AM TO 730 – GENTLE YOGA (OUTDOOR OR INDOOR)

730AM TO 9AM - BREAKFAST

9AM TO 12PM – SITTING MEDITATION, INTERSPERSED AT INTERVALS WITH WALKING MEDITATION (45 MINUTES SITTING/15 MINUTES WALKING)

12PM TO 1PM - LUNCH

1PM - 4PM - FREE TIME FOR HIKING, JOURNALING, GARDENING, MEDITATION, REST, READING, ETC.

4PM TO 6PM – SITTING MEDITATION, WALKING MEDITATION OR GENTLE YOGA (RUTH'S CLASS: 4PM – 430PM)

6PM - 7PM - DINNER

7PM TO 9PM – SITTING MEDITATION AND/OR SHAVASANA

DAY 4

530AM TO 630AM – SITTING MEDITATION

630AM TO 730 – GENTLE YOGA (OUTDOOR OR INDOOR)

730AM TO 9AM - BREAKFAST

9AM TO 12PM – SITTING MEDITATION, INTERSPERSED AT INTERVALS WITH WALKING MEDITATION (45 MINUTES SITTING/15 MINUTES WALKING)

12PM TO 1PM - LUNCH

1PM - 4PM - FREE TIME FOR HIKING, JOURNALING, GARDENING, MEDITATION, REST, READING, ETC.

4PM TO 6PM – SITTING MEDITATION, WALKING MEDITATION OR GENTLE YOGA (RUTH'S CLASS: 4PM – 430PM)

6PM - 7PM – SPECIAL DINNER

7PM TO 9PM – SITTING MEDITATION AND/OR SHAVASANA

DAY 5

530AM TO 630AM – SITTING MEDITATION

630AM TO 730 – GENTLE YOGA (OUTDOOR OR INDOOR)

730AM TO 9AM - BREAKFAST

9AM TO 10PM – SITTING MEDITATION, INTERSPERSED AT INTERVALS WITH WALKING MEDITATION (45 MINUTES SITTING/15 MINUTES WALKING)

10AM TO 11AM – PACK & REFLECT

11AM TO 12PM – Q&A AND SHARING EXPERIENCES

12PM TO 1PM – LUNCH

130PM – CHECK-OUT