

## Monday - Sunday Retreat Schedule

### Monday

|               |                        |
|---------------|------------------------|
| 16.00 - 16.30 | Arrival and check-in   |
| 16.30 - 17.30 | <b>Retreat session</b> |
| 18.00 - 19.30 | Dinner and clean-up    |
| 19.30 - 21.00 | <b>Retreat session</b> |

### Tuesday - Saturday

|               |                                                    |
|---------------|----------------------------------------------------|
| 07.00 - 07.45 | <b>Early morning practice</b>                      |
| 08.00 - 09.00 | Breakfast and clean-up                             |
| 10.00 - 11.30 | <b>Retreat session</b>                             |
| 11.30 - 12.00 | Tea/coffee break                                   |
| 12.00 - 13.00 | <b>Retreat session</b>                             |
| 13.00 - 14.00 | Lunch and clean-up                                 |
| 14.00 - 15.30 | Private time for rest, practice, work or take walk |
| 15.30 - 16.00 | Tea break                                          |
| 16.00 - 17.30 | <b>Retreat session</b>                             |
| 18.00 - 19.30 | Dinner and clean-up                                |
| 19.30 - 21.00 | <b>Retreat session</b>                             |

### Sunday

|               |                                |
|---------------|--------------------------------|
| 07.00 - 07.45 | <b>Early morning practice</b>  |
| 08.00 - 09.00 | Breakfast and clean-up         |
| 10.00 - 11.30 | <b>Retreat session</b>         |
| 11.30 - 12.00 | Tea / coffee break             |
| 12.00 - 13.00 | <b>Retreat closing session</b> |
| 13.00 - 14.00 | Farewell lunch                 |