

Thursday - Monday Retreat Schedule

Thursday

16.00 - 16.30	Arrival and check-in
16.30 - 17.30	Retreat session
18.00 - 19.30	Dinner and clean-up
19.30 - 21.00	Retreat session

Friday

07.00 - 07.45	Early morning practice
08.00 - 09.00	Breakfast and clean-up
10.00 - 11.30	Retreat session
11.30 - 12.00	Tea/coffee break
12.00 - 13.00	Retreat session
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	Retreat session
18.00 - 19.30	Dinner and clean-up
19.30 - 21.00	Retreat session

Saturday

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

Sunday

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

Monday

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