Three-Day Tomales Passage Meditation Retreat

Friday	
12:30 p.m.	Doors open for arrival and registration at the BMCM retreat house in Tomales, CA
2:00 p.m.	Introductory session and break
6:00 p.m.	Evening meditation, followed by dinner and satsang (fellowship)
9:00 p.m.	Evening program ends
Saturday	
5:30 a.m.	Morning meditation, followed by breakfast, and mantram beach walk
10:30 a.m.	Group study of Easwaran's teachings, followed by noon meditation and lunch
2:00 p.m.	Free time and finding joy in working together in harmony
6:00 p.m.	Evening meditation followed by dinner and satsang (fellowship)
9:00 p.m.	Evening program ends
Sunday	
5:30 a.m.	Morning meditation and breakfast
9:00 a.m.	Wrap up; pilgrimage visit to Ramagiri Ashram and the BMCM headquarters, including noon meditation; followed by lunch at the retreat house
2:00 p.m.	Program ends