



Blue Mountain Center of Meditation

Sample Schedule

Returnee Weekend Retreat in Tomales

| | Friday | | Sunday |
|-------|---|-------|--------------------------------|
| 3:00 | Retreat house opens | 6:30 | Meditation |
| 4:00 | Check-in | 7:00 | Break |
| 5:00 | Workshop begins | 7:30 | Breakfast |
| 6:00 | Meditation | 8:30 | Quiet study |
| 6:30 | Dinner | 9:00 | Workshop |
| 7:30 | Workshop | 10:15 | Video talk by Easwaran |
| 8:45 | End of workshop | 10:30 | Break |
| | | 10:45 | Depart for Ramagiri Ashram |
| | | | - Meet with Christine Easwaran |
| | | | - Meditation in Shanti |
| 6:30 | Meditation | | |
| 7:00 | Break | 12:15 | Return to retreat house |
| 7:30 | Breakfast | 12:30 | Lunch and end of program |
| 8:30 | Quiet study | | |
| 9:00 | Workshop | | |
| 10:15 | Break | | |
| 10:30 | Workshop | | |
| 11:45 | Break | | |
| 12:10 | Video talk by Easwaran | | |
| 12:30 | Meditation or mantram walk/nap | | |
| 1:00 | Lunch | | |
| 2:15 | Mantram beach walk or mantra activities | | |
| 3:45 | Break | | |
| 5:00 | Passage memorization clinic or passage writing (optional) | | |
| 6:00 | Meditation | | |
| 6:30 | Dinner | | |
| 7:30 | Evening program | | |
| 8:45 | End of evening program | | |