



# Blue Mountain Center of Meditation

Sample Schedule

## Introductory Weekend Retreat in Tomales

### Friday

3:00 Retreat house opens  
4:00 Check-in  
5:00 Workshop begins  
6:00 Meditation  
6:30 Dinner  
7:30 Evening program  
8:35 End of evening program

### Saturday

6:30 Meditation  
7:00 Break  
7:30 Breakfast  
8:30 Quiet study  
9:00 Workshop (with break)  
11:45 Break  
12:00 Video talk by Easwaran  
12:30 Meditation or mantram walk/nap  
1:00 Lunch  
2:00 Mantram beach walk or mantram activities  
3:30 Break  
5:00 Passage memorization workshop (optional)  
6:00 Meditation  
6:30 Dinner  
7:30 Evening program  
8:35 End of evening program

### Sunday

6:30 Meditation  
7:00 Break  
7:30 Breakfast  
8:15 Quiet study  
8:45 Workshop  
10:20 Break  
10:35 Depart for Ramagiri Ashram  
- Meet with Christine Easwaran  
- Meditation in Shanti  
12:15 Return to retreat house  
12:30 Lunch and end of program