## 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