

FRIDAY

4:00 Check in  
4:30 Opening session  
6:00 Meditation  
6:30 Dinner  
7:30 Workshop  
8:50 End of workshop

SATURDAY

6:30 Meditation  
7:00 Reading & break  
7:30 Breakfast  
8:30 Break  
9:00 Quiet study  
9:30 Workshop (with break)  
11:55 Break  
12:10 Video talk of Easwaran  
12:30 Meditation or mantram walk/nap  
1:00 Lunch  
2:00 Break  
4:00 "The Founding of Ramagiri"  
5:00 (Optional) Memorization clinic (dining room)  
or passage writing (St. Francis room)  
5:30 Quiet study  
6:00 Meditation  
6:30 Dinner  
7:30 Evening program

SUNDAY

6:30 Meditation  
7:00 Reading & break  
7:30 Breakfast  
8:30 Break  
9:00 Quiet study  
9:30 Workshop (with break)  
11:50 Break  
12:10 Video talk of Easwaran  
12:30 Meditation or mantram walk/nap  
1:00 Lunch  
2:00 Break  
2:40 (Optional) Leave for Ramagiri Ashram  
for mantram writing with Christine  
3:30 Return to Gokulam  
4:00 Break  
5:30 Quiet study  
6:00 Meditation  
6:30 Dinner  
7:30 Evening program  
8:15 End of program

MONDAY

6:30 Meditation  
7:00 Reading & break  
7:30 Breakfast  
8:30 Break  
9:00 Quiet study  
9:30 Workshop (with break)  
11:50 Break  
12:15 Video talk of Easwaran  
12:30 Meditation or mantram walk/nap  
1:00 Lunch  
2:00 BMCM news & visit with Christine  
3:00 Break  
5:30 Quiet study  
6:00 Meditation  
6:30 Dinner  
7:30 Evening program  
8:15 End of program

TUESDAY

6:30 Meditation  
7:00 Reading & break  
7:30 Breakfast  
8:30 Break  
9:00 Workshop  
10:00 Retreat ends