

## Sample Schedule

## Senior Half-Week Retreat in Tomales

	FRIDAY		SUNDAY		MONDAY
4:00	Check in	6:30	Meditation	6:30	Meditation
4:30	Opening session	7:00	Reading & break	7:00	Reading & break
6:00	Meditation	7:30	Breakfast	7:30	Breakfast
6:30	Dinner	8:30	Break	8:30	Break
7:30	Workshop	9:00	Quiet study	9:00	Quiet study
8:50	End of workshop	9:30	Workshop (with break)	9:30	Workshop (with break)
		11:50	Break	11:50	Break
	SATURDAY	12:10	Video talk of Easwaran	12:15	Video talk of Easwaran
6:30	Meditation	12:30	Meditation or mantram walk/nap	12:30	Meditation or mantram walk/nap
7:00	Reading & break	1:00	Lunch	1:00	Lunch
7:30	Breakfast	2:00	Break	2:00	BMCM news & visit with Christine
8:30	Break	2:40	(Optional) Leave for Ramagiri Ashram	3:00	Break
9:00	Quiet study		for mantram writing with Christine	5:30	Quiet study
9:30	Workshop (with break)	3:30	Return to Gokulam	6:00	Meditation
11:55	Break	4:00	Break	6:30	Dinner
12:10	Video talk of Easwaran	5:30	Quiet study	7:30	Evening program
12:30	Meditation or mantram walk/nap	6:00	Meditation	8:15	End of program
1:00	Lunch	6:30	Dinner		
2:00	Break	7:30	Evening program		TUESDAY
4:00	"The Founding of Ramagiri"	8:15	End of program	6:30	Meditation
5:00	(Optional) Memorization clinic (dining room)			7:00	Reading & break
	or passage writing (St. Francis room)			7:30	Breakfast
5:30	Quiet study			8:30	Break
6:00	Meditation			9:00	Workshop
6:30	Dinner			10:00	Retreat ends
7:30	Evening program				