



Blue Mountain Center of Meditation

Sample Schedule Weeklong Retreat in Tomales

SATURDAY

4:00 Check in
 4:30 Opening program
 6:00 Meditation
 6:30 Dinner
 7:30 Introduction to the program
 8:15 Video talk by Easwaran
 8:30 End of program

SUNDAY

6:30 Meditation
 7:00 Break
 7:30 Breakfast
 9:00 Quiet study
 9:30 Workshop
 12:10 Video talk by Easwaran
 12:30 Meditation or mantram walk/nap
 1:00 Lunch
 2:00 Break
 2:45 (Optional) Carpool for mantram writing with Christine in Vimala
 3:30 Return to Gokulam
 5:00 Quiet study
 6:00 Meditation
 6:30 Dinner
 7:30 Evening program

MONDAY

6:30 Meditation
 7:00 Break
 7:30 Breakfast
 9:00 Quiet study
 9:30 Workshop
 12:10 Video talk by Easwaran
 12:30 Meditation or mantram walk/nap
 1:00 Lunch
 2:00 Break & optional outdoor work at Ramagiri
 5:00 Quiet study & optional memorization clinic/passage writing
 6:00 Meditation
 6:30 Dinner
 7:30 Evening program

TUESDAY

6:30 Meditation
 7:00 Break
 7:30 Breakfast
 8:30 Mantram beach walk or mantram activities
 10:00 Break
 10:15 Workshop
 12:10 Video talk by Easwaran
 12:30 Meditation or mantram walk/nap
 1:00 Lunch
 2:00 Break
 5:00 Quiet study
 6:00 Meditation
 6:30 Dinner
 7:30 Special Program: "How Your Spiritual Support Questions are Answered"

WEDNESDAY

6:30 Meditation
 7:00 Break
 7:30 Breakfast
 9:00 Quiet study
 9:30 Workshop
 12:10 Video talk by Easwaran
 12:30 Meditation or mantram walk/nap
 1:00 Lunch
 2:00 Break & optional outdoor work at Ramagiri
 5:00 Quiet study or (optional) BMCM spiritual support overview
 6:00 Meditation
 6:30 Dinner
 7:30 Evening program

THURSDAY

6:30 Meditation
 7:00 Break
 7:30 Breakfast
 9:00 Quiet study
 9:30 Workshop
 12:10 Video talk by Easwaran
 12:30 Meditation or mantram walk/nap
 1:00 Lunch
 2:00 Break
 2:45 Leave for Ramagiri Ashram
 - Visit with Christine
 - Meditation in Shanti
 6:30 Dinner
 7:30 Evening program

FRIDAY

6:30 Meditation
 7:00 Break
 7:30 Breakfast
 9:00 Quiet study
 9:30 Workshop
 12:10 Video talk by Easwaran
 12:30 Meditation or mantram walk/nap
 1:00 Lunch & end of program