

Sample Schedule

Weeklong Retreat in Tomales

	SATURDAY		MONDAY		WEDNESDAY		THURSDAY
4:00	Check in	6:30	Meditation	6:30	Meditation	6:30	Meditation
4:30	Opening program	7:00	Break	7:00	Break	7:00	Break
6:00	Meditation	7:30	Breakfast	7:30	Breakfast	7:30	Breakfast
6:30	Dinner	9:00	Quiet study	9:00	Quiet study	9:00	Quiet study
7:30	Introduction to the program	9:30	Workshop	9:30	Workshop	9:30	Workshop
8:15	Video talk by Easwaran	12:10	Video talk by Easwaran	12:10	Video talk by Easwaran	12:10	Video talk by Easwaran
8:30	End of program	12:30	Meditation or mantram walk/nap	12:30	Meditation or mantram walk/nap	12:30	Meditation or mantram walk/nap
		1:00	Lunch	1:00	Lunch	1:00	Lunch
	SUNDAY	2:00	Break & optional outdoor work	2:00	Break & optional outdoor work	2:00	Break
6:30	Meditation		at Ramagiri		at Ramagiri	2:45	Leave for Ramagiri Ashram
7:00	Break	5:00	Quiet study & optional	5:00	Quiet study or (optional) BMCM		- Visit with Christine
7:30	Breakfast		memorization clinic/passage writing		spiritual support overview		- Meditation in Shanti
9:00	Quiet study	6:00	Meditation	6:00	Meditation	6:30	Dinner
9:30	Workshop	6:30	Dinner	6:30	Dinner	7:30	Evening program
12:10	Video talk by Easwaran	7:30	Evening program	7:30	Evening program		
12:30	Meditation or mantram walk/nap						
1:00	Lunch		TUESDAY				FRIDAY
2:00	Break	6:30	Meditation			6:30	Meditation
2:45	(Optional) Carpool for mantram	7:00	Break			7:00	Break
	writing with Christine in Vimala	7:30	Breakfast			7:30	Breakfast
3:30	Return to Gokulam	8:30	Mantram beach walk or mantram activities			9:00	Quiet study
5:00	Quiet study	10:00	Break			9:30	Workshop
6:00	Meditation	10:15	Workshop			12:10	Video talk by Easwaran
6:30	Dinner	12:10	Video talk by Easwaran			12:30	Meditation or mantram walk/nap
7:30	Evening program	12:30	Meditation or mantram walk/nap			1:00	Lunch & end of program
		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"				