



Blue Mountain Center of Meditation

Sample Schedule

Young Adult Weekend Retreat in Tomales

	Friday		Sunday
3:00	Retreat house opens	6:30	Meditation
4:00	Check-in	7:00	Break
5:00	Workshop begins	7:30	Breakfast
6:00	Meditation	9:00	Workshop
6:30	Dinner	10:20	Video talk by Easwaran
7:30	Workshop	10:35	Depart for Ramagiri Ashram
8:35	End of workshop		- Meet with Christine Easwaran
			- Meditation in Shanti
		12:15	Return to retreat house
		12:30	Lunch and end of program
	Saturday		
6:30	Meditation		
7:00	Break		
7:30	Breakfast		
9:00	Workshop		
10:25	Break		
10:40	Workshop		
11:45	Break		
12:10	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 & optional volleyball game		
5:30	Quiet study		
6:00	Meditation		
6:30	Dinner		
7:30	Evening program		
8:45	End of evening program		