

# Meditation Retreat Schedule

Dear Participants,

We are excited to welcome you to our upcoming meditation retreat. Below is the schedule outline for the event:

## Day 1: Arrival and Introduction

- 3:00 PM - 5:00 PM: Arrival and Check-in
- 5:30 PM - 6:30 PM: Welcome Dinner
- 7:00 PM - 8:00 PM: Opening Circle and Orientation
- 8:15 PM - 9:00 PM: Guided Meditation
- 9:00 PM: Evening Reflection and Lights Out

## Day 2: Deepening Practice

- 7:00 AM - 8:00 AM: Morning Yoga
- 8:15 AM - 9:00 AM: Breakfast
- 9:30 AM - 11:00 AM: Meditation Session
- 11:30 AM - 12:30 PM: Mindfulness Walking
- 12:30 PM - 1:30 PM: Lunch
- 2:00 PM - 3:30 PM: Workshops and Discussions
- 4:00 PM - 5:30 PM: Afternoon Meditation
- 6:00 PM - 7:00 PM: Dinner
- 7:30 PM - 8:30 PM: Sharing Circle
- 9:00 PM: Evening Reflection and Lights Out

## Day 3: Integration and Closing

- 7:00 AM - 8:00 AM: Morning Meditation
- 8:15 AM - 9:00 AM: Breakfast
- 9:30 AM - 11:00 AM: Closing Ceremony
- 11:30 AM - 12:30 PM: Farewell Lunch
- 1:00 PM: Departure

We look forward to a transformative experience together!

Warm regards,  
The Retreat Team