

Cultivating the Heart-Mind Weekend Retreat Sample Schedule

Arrival Day (Friday):

12:00pm-3:00pm Arrivals

3:00pm-3:30pm Guided Meditation

3:30pm -4:00pm Welcome Talk and Logistics

4:00pm-5:30pm Group Process (meditation/heart teaching)

5:30pm-6:15pm Dinner

6:15pm-7:00pm Seva DINNER CLEANUP / Rest

6:15pm-6:45pm - Private Sound Session with Dan and Tanya*

7:00pm-9:30pm **Group Session with Henry #1**

9:30pm Retire to sleeping areas

Saturday:

6:00am Wake up bell

6:30am-7:30am Guided Meditations

7:30am-8:15am Breakfast Prep Seva/ Rest

7:45am-8:15am - Private Sound Session with Dan and Tanya*

8:15am-8:45am Breakfast

8:45am-9:30am Seva BREAKFAST CLEANUP / Rest

8:45am-9:15am - Private Sound Session with Dan and Tanya*

9:30am-12:00pm **Group Session with Henry #2**

12:00pm-12:30pm - Group Process/Discussion

12:30pm-1:00pm Seva LUNCH PREP /Rest

12:45pm-1:15pm - Private Sound Session with Dan and Tanya*

1:00pm-1:45pm Lunch

1:30pm-2:00pm - Private Sound Session with Dan and Tanya*

1:45pm-2:30pm Seva LUNCH CLEANUP / Rest

2:30pm-4:30pm Guided Meditations

4:30pm-5:00pm Gong Meditation

5:00pm-5:30pm Seva DINNER PREP / Rest

5:30pm-6:15pm Dinner

6:15pm-6:45pm - Private Sound Session with Dan and Tanya*

6:15pm-7:00pm Seva DINNER CLEANUP /Rest
7:00pm-9:30pm **Group Session with Henry #3**
9:30pm Retire to sleeping areas

Departure Day (Sunday):

6:00am- Wake-up bell
6:30am-7:30am Guided Meditations
7:30am-8:15am Seva/Rest BREAKFAST PREP
7:45am-8:15am - Private Sound Session with Dan and Tanya*
8:15am-8:45am Breakfast
8:45am-9:30am Seva BREAKFAST CLEANUP / Rest
9:15am - 9:45am Private Sound Session with Dan and Tanya*
9:30am-11:00am **Group Session with Henry #4**
11:00am-12:00pm- Meditation
11:15-12:15 **Private Session** with Henry*
12:00pm-12:30am Seva LUNCH PREP / Rest/ Pack
12:15pm-12:45pm - Private Sound Session with Dan and Tanya*
12:30pm-1:15pm Lunch
1:15pm-2:00pm Seva LUNCH CLEANUP / FINAL CLEANUP / Pack
2:00pm-3:00pm - Final Group Process/Closing
3:00pm-3:30pm - Final Pack/Departure
3:15pm-4:15pm - **Private Session** with Henry*

* If available. Sign up sheet is located on the board at the bottom of the stairs (dorm level).