

Weekend Retreat

Arrival Day (Friday):

12:00pm-3:00pm Arrivals

3:00pm-3:30pm Welcome talk & logistics

3:30pm-4:30pm Sit (Guided)

4:30pm-5:30pm Group Process

5:30pm-5:45pm Rest

5:45pm-6:30pm Dinner

6:30pm-7:30pm Seva DINNER CLEANUP / rest

7:30pm-9:30pm Sit

9:30pm Retire to sleeping areas

9:30pm-10:30pm One-on-one interviews with Dan in the library*

Saturday:

5:00am-5:30am Wake-up bell

5:30am-7:30am Sit

7:45am-8:15am One-on-one interviews with Dan*

7:30am-8:15am Seva/Rest BREAKFAST PREP / rest

8:15am-9:00am Breakfast

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

8:45am-10:15am one-on-one interviews with Dan*

9:30am-10:30am Sit

10:30am-12:00pm Teaching/Group Process

12:00pm-1:00pm Seva LUNCH PREP / rest (Nico private session #1*)

1:00pm-1:45pm Lunch

1:30pm-2:30pm Nico private session #2*

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

2:30pm-4:30pm Sit

2:45pm-3:45pm Nico private session #3*

4:00pm-5:00pm Nico private session #4*

4:30pm-5:00pm Gong Savasana/ Sit

5:00pm-5:45pm Seva DINNER PREP / rest

5:45pm-6:30pm Dinner

6:30pm-7:30pm Seva DINNER CLEANUP /rest / One-on-one interviews with Dan*

7:30pm-9:30pm Sit

9:30pm Retire to sleeping areas

9:30pm-10:30pm One-on-one interviews with Dan in the library*

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

Departure Day (Sunday):

5:00am-5:30am Wake-up bell

5:30am-7:30am Sit

7:45am-8:15am One-on-one interviews with Dan*

7:30am-8:15am Seva/Rest BREAKFAST PREP

8:15am-9:00am Breakfast

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

8:30am - 10:00am One-on-one interviews with Dan*

9:30am-10:30am Sit

10:45am-11:45am Nico private session #1*

11:30am-12:30am Seva LUNCH PREP / rest/pack

12:00pm-1:00pm Nico private session #2*

1:00pm-1:45pm Lunch

1:15pm-2:15pm Nico private session #3*

1:45pm-2:30pm Seva LUNCH CLEANUP / FINAL CLEANUP / pack

2:30pm-3:30pm Final Group Process/Closing

3:30pm Departure