



Thursday November 07 thru Sunday November 10, 2024  
*All activities are offerings to enhance and support your practice of inner contemplation*

**THURS. 7th**      **Check in**

- 1:00 – 4:30 PM      Check in –Office  
5:00                  Light Dinner  
6:00                  Opening Circle – Logistics, Retreat Overview, and Setting Intentions –Lodge Living Room

*We begin retreating together in silence*

- 7:15                  Restorative Yoga –Garden Room

**FRI. 8th**            **All Day- Retreating Together in Silence**

- 6:30 – 7 AM        **OPTIONAL**– Silent Group Meditation –Temple  
8:00                  Guided Sitting Meditation: Hong Sau Technique of Concentration –Temple  
9:00                  Continental Breakfast  
10:30                Labyrinth Walk –Labyrinth (Craig)  
12:30 PM            Lunch

**Afternoon Unstructured Time** – follow your intuition! Possibilities include, but are not limited to:

- \* resting, relaxing, reading      \* meditating in Temple              \* sitting in nature
- \* group collage project      \* walking the labyrinth      \* Wheel of Life      \* Make a mala
- \* strolling or reposing in Lodge meditation gardens      \* visiting outdoor Sacred Spaces

- 5:30                  Dinner  
7:00                  Sound Bath –Garden Room (April)

**SAT. 9th**            **All Day- Retreating Together in Silence**

- 6:00-9:00 AM      **OPTIONAL** –Optional quiet meditation –Come and go when it is good for you –Temple  
9:00                  Continental Breakfast)  
10:00                Guided Walking Meditation—Meet at Lodge (Weather Permitting)  
12:30                Lunch

**Afternoon Unstructured Time** –

- 1:30-4:30            Chair Massages (paid by participants \$2 per min./15 min. minimum)–Garden room  
5:30                  Dinner  
7:00                  Reflection Circle –Lodge Living Room

**SUN. 10th**        **Silence Ends – A time of conscious speech**

- 8:30                  Light breakfast  
10:30                Sunday Meditation Service –Temple (Refreshments to Follow)  
2:00                  Check out