

AWAKEN THE SACRED

Fiona Louise

AUGUST WEEKND RETREAT

DAILY SCHEDULE

DAY 1: Friday

1PM: Arrival & Registration
3PM: Opening Circle
5PM: Accommodation & Tour
6PM: Welcome Dinner
8PM: Evening Meditation

DAY 2: Saturday

8AM: Morning Practice
9AM: Breakfast
10AM: Morning Session
~ FREE TIME ~
1PM: Lunch
~ FREE TIME ~
3PM: Afternoon Session
~ FREE TIME ~
6PM: Dinner
8PM: Fire & Moonlight

DAY 3: Sunday

8AM: Morning Practice
9AM: Breakfast
10AM: Session
12 NOON: Sharing Circle
1PM: Lunch
2PM: Closing Ceremony
4PM: Guests Leave

