

AWAKEN THE SACRED

Fiona Louise

SILENT & STILL **7 DAY RETREAT** DAILY SCHEDULE

DAY 1

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

DAY 2 - DAY 6

7:30 AM: Morning Practice
9AM: Breakfast
10AM: Workshop
// FREE TIME
1PM: Lunch
// FREE TIME
3PM: Ritual
// FREE TIME
6PM: Dinner
8PM: Evening Meditation

DAY 7

7:30 AM: Morning Practice
9AM: Breakfast
10AM: Workshop
/12 NOON: Sharing Circle
1PM: Lunch
3PM: Closing Ceremony
5PM: Guests Leave

