

SCHEDULE

Thursday 10/29

7:00 – 9:00 Retreat Opening: Orientation, introductions, review schedule

Friday 10/30 – Saturday 10/31

8:00 – 9:00 Breakfast and Yogi Duties

9:30 – 12:00 Session I

12:00 – 1:00 Lunch and Yogi Duties

1:00 – 2:30 Rest and Review morning session

2:30 – 5:00 Session II

5:30 – 6:30 Dinner and Yogi Duties

7:00 – 9:00 Session III

Sunday 11/1

8:00 – 9:00 Breakfast and Yogi Duties

9:30 – 11:00 Retreat Closing Circle