

Golden Leaves of Autumn Meditation Retreat, October 2025

Fri, 10/24

2 - 4 pm:
Arrivals

5:30 pm:
Dinner

Sat, 11/1

8:30 am:
Breakfast

Depart by
11:00 am

All meals are
in the Ridge
House Dining
Room.

Please arrive
at least 5
minutes
early to all
sessions.

	SATURDAY October 25	SUNDAY October 26	MONDAY October 27	TUESDAY October 28	WEDNESDAY October 29	THURSDAY October 30	FRIDAY October 31
7:30		Breath and blissfulness meditation (Meditation Room)	Breath and blissfulness meditation (Meditation Room)	Sukshma Yoga (Learning Center)	Breath and blissfulness meditation (Meditation Room)	Sukshma Yoga (Learning Center)	Breath and blissfulness meditation (Meditation Room)
8:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30	Wellbeing Services / Free time	Wellbeing Services / Free time	Wellbeing Services / Free time	Wellbeing Services / Free time	Wellbeing Services / Free time	Wellbeing Services / Free time	Wellbeing Services / Free time
10:15-11:30		Into the forest: Where the Source awakens (Forest)	Connecting: Discover the sacred within the mundane (Forest)	Cultivating presence (Forest)	Journey within: Creating a Labyrinth (Forest)	Journey into the Heartbeat: The Drum experience & meditation (Forest)	Yagna Ceremony (Yagna Pavilion)
11:45-12:15		Meditation (Meditation Room)	Meditation (Meditation Room)	Shrine of the Heart Meditation	Meditation (Meditation Room)	Parsonage Meditation	Meditation (Meditation Room)
12:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:15		Wellbeing Services / Free time	Wellbeing Services / Free time	Wellbeing Services / Free time	Wellbeing Services / Free time	Wellbeing Services / Free time	Wellbeing Services / Free time
4:00	2-4pm Arrivals	A space to plant your own intention (Learning Center)	Discover Within: Journal your Awakening (Learning Center)	Awakening Presence (Learning Center)	A journey to connect through the oracle (Learning Center)	Cacao Ceremony (Outside Stillpointe Center)	Golden Leaves: A sacred circle of reflection & wisdom (Learning Center)
5:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:15		Wellbeing Services / Free time	Wellbeing Services / Free time	Wellbeing Services / Free time	Wellbeing Services / Free time	Wellbeing Services / Free time	Wellbeing Services / Free time
7:30-8:30	Meet and Greet (Learning Center)	Meditation (Meditation Room)	Meditation (Meditation Room)	Tr. Journey (intro) Meditation (Meditation Room)	Meditation (Meditation Room)	Meditation (Meditation Room)	Meditation (Meditation Room)
8:45				Transcendental Journey (comp)	Transcendental Journey (elective)		