

Standard Weekend Retreat | Time Schedule

Friday

16.00 - 16.30	Arrival and check-in
16.30 - 17.30	Retreat session one
18.00 - 19.30	Dinner and clean-up
19.30 - 21.00	Retreat sessions two

Saturday

07.00 - 07.45	Early morning practice
08.00 - 09.00	Breakfast and clean-up
10.00 - 11.30	Retreat session three
11.30 - 12.00	Tea/coffee break
12.00 - 13.00	Retreat session four
13.00 - 14.00	Lunch and clean-up
14.00 - 15.30	Private time for rest, walking, practice or work (kitchen or garden)
15.30 - 16.00	Tea/coffee break
16.00 - 17.30	Retreat session five
18.00 - 19.30	Dinner and clean-up
19.30 - 21.00	Retreat session six

Sunday

07.00 - 07.45	Early morning practice
08.00 - 09.00	Breakfast and clean-up
10.00 - 11.30	Retreat session seven
11.30 - 12.00	Tea/coffee break
12.00 - 13.00	Retreat session eight
13.00 - 14.00	Lunch and clean-up