

## Retreat 2026 Schedule

### Day 1

**7.00pm** Evening Introduction talk

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### Day 2 – Day 10

**5.30am** wake up  
6.00 – 7.00am morning prayers and sitting meditation

**7.00 – 8.00am** breakfast

8.15 – 9.00am walking meditation

9.00 – 9.45am sitting meditation

**9.45 – 10.15am** pause

10.15 – 11.00am walking...

11.00 – 11.45am sitting...

**12.00 – 1.45pm** lunch  
After lunch karma yoga

1.45 – 2.30pm walking...

2.30 – 3.15pm sitting...

**3.15 – 4.00pm** afternoon tea break

4.00 – 4.45pm sitting...

**4.45 – 5.15pm** pause

5.15 – 6.00pm sitting...

**6.00 – 7.00pm** supper

7.15pm **Talk \*\*\* final sitting dedication prayers**

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### Day 11

**5.30am** Wake up  
6.00-7.00am Morning Prayer & Final Talk