DAY 1
ARRIVAL + ORIENTATION

4:00PM
AFTERNOON ARRIVALS

5:30PM
ORIENTATION & COMMUNITY AGREEMENTS

7:30PM
WELCOME DINNER

8:30PM
EVENING MEDITATION & REST

DAY 2
CEREMONY I

7:30AM
MORNING PRACTICE

8:30AM
BREAKFAST

10:30AM
WORKSHOP SESSION

11:45AM
INTENTIONS +BREATHWORK

1:00PM
LUNCH

3:00PM
CEREMONY I

8:30PM
DINNER AND BED

DAY 3
INTEGRATION

7:30AM
MORNING PRACTICE

8:30AM
REFLECTION BREAKFAST

11:15AM
GROUP REFLECTION

12:30PM
LUNCH+ FREE TIME

4:30PM
INTEGRATION SESSION

6:00PM
DINNER +GATHERING

DAY 4
CEREMONY II

7:30AM
MORNING PRACTICE

8:30AM
BREAKFAST

10:300AM
WORKSHOP SESSION

11:45AM
INTENTIONS +BREATHWORK

1:00PM
LUNCH

3:00PM
CEREMONY I

8:30PM
DINNER AND BED

DAY 5
INTEGRATION

7:30AM
MORNING PRACTICE

8:30AM
REFLECTION BREAKFAST

11:15AM
GROUP REFLECTION

12:30PM
LUNCH+ FREE TIME

4:30PM
INTEGRATION SESSION

6:00PM
DINNER +GATHERING

DAY 6
DEPARTURE

8:00AM
BREAKFAST

10:00AM
DEPARTURE