

<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
	7.00 am - RISING BELL	7.00 am - RISING BELL
	7.30 am - SHRINE ROOM: MEDITATION	7.30 am - SHRINE ROOM: MEDITATION
	8.00 am - SHRINE ROOM: MEDITATION	8.00 am - SHRINE ROOM: MEDITATION
	8.45 am - 10.45 SHRINE ROOM: YOGA	8.45 am - SHRINE ROOM: YOGA
		<i>PACK</i>
	11.00 am - DINING ROOM: BRUNCH	11.00 am - DINING ROOM: BRUNCH
	FREE TIME for walks, talks, sitting, being ...	12.00 noon CLEAR UP
		1.20 pm YELLOW LOUNGE: CHECK OUT, CLOSING RITUAL
		DEPART by 2.00 pm
	3.00 pm - 4.30pm SHRINE ROOM: YOGA	
5.00-7.00 pm - ARRIVE	4.45-5.45 pm - SHRINE ROOM: MEDITATION	
7.00 pm - DINING ROOM: SUPPER	6.00 pm - DINING ROOM: SUPPER	
8.00 pm (approx) - YELLOW LOUNGE: INTRODUCTION	7.30 pm (approx) - YELLOW LOUNGE/SHRINE ROOM EVENING ACTIVITY	
8.50 pm - SHRINE ROOM: SETTING UP for yoga and meditation, followed by short arriving yoga/meditation practices	silence overnight	