

Schedule for Nourishing Silence, May 2026

	Thursday 5/7	Friday 5/8	Saturday 5/9	Sunday 5/10	Monday 5/11	Tuesday 5/12
7-7:50		Ta'i Chi Chih with Terry	Ta'i Chi Chih with Terry	Early Yoga with Lori	Early Movement with TBA	Be out of your rooms by 9:30 am
8-9		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:30-12:15		Morning Practice	Morning Practice	Morning Practice	Morning Practice	Morning Practice
						Closing 11:30
12:30-1:30		LUNCH	LUNCH	LUNCH	LUNCH	Bag LUNCH
2-3:00		Free time	Free time	2:00 pm Journey to the warm pools	Free time	Lunch at Laakea
3:00 5:30	Arrivals and connecting 4-5:30 pm	3:00-5:30 Afternoon practice	3:00-5:30 Afternoon practice	4:00 to 5:30pm Dance session at the beach depending on weather	3:00-5:30 Afternoon practice	Extra journey to Kalapana and spa for those staying for Hawaii Spirit Pilgrimage
				Return from the beach		
6:00 PM	DINNER 5:30	DINNER	DINNER	DINNER	DINNER	
7:30-9:25	7-9 Opening circle, Orientation	7:00 Evening Program	7:00 Evening Program	7:00 Evening Program	7:00 Evening Program	