

# Retreat schedule sample

Friday		Shabat		Sunday	
2:00	Registration	6:30	Wake up	6:30	Wake up
3:00	Welcome & Candle lighting	7:00	Sit	7:00	Sit
3:45	Retreat Orientation & Sit	7:30	Breakfast  <i>Shacharit</i> (morning prayer service) in the De La Salle room until 8:30  Time for individual <i>kiddush</i> (a prayer over grape juice)	7:30	Breakfast  (i) Yoga until 8:15  (i) Shacharit (morning prayer service) in the De La Salle Room (8:15-9:00)
5:00	Break	9:00	Chanting	9:15	Chanting
5:10	<i>Kabbalat Shabbat</i> (service for welcoming Shabbat)  (i) Progressive service in the Cedar room  (ii) Traditional service De La Salle room  (iii) Sit	9:45	Walking instructions & Practice	10:00	Walk
6:00	Introduction & Sit	10:15	Sit with instructions	10:30	Sit with instructions
7:00	Dinner	11:00	Walk	11:15	Walk
8:15	Teaching	11:15	Sit with Q&A	11:30	Sit
9:15	EOD/ optional practice	12:00	(i) Yoga (ii) Sit	12:00	Lunch
		12:45	Lunch & rest	13:15	Blessing practice

		2:30	Sit	2:00	Taking practice home with Q&A
		3:00	(i) Walk (ii) Mincha (afternoon prayer)	2:45	Donation talk
		3:30	Sit	3:00	Closing circle (speaking allowed from now on)
		4:00	Seudah Shlishit (third meal of Shabat)	4:00	Ferwell
		5:15	(i) Walk (ii) Small group meetings		
		5:50	(i) Sit (ii) Small group meetings		
		6:30	(i) Walk (ii) Small group meetings		
		6:45	(i) Sit (ii) Small group meetings		
		7:15	Dinner		
		8:15	Teaching		
		9:15	Sit		
		9:30	EOD and time for Ma'ariv (evening prayer service)		