

Meditation Retreat Schedule
Interfaith Center Fundraiser – April 26-27, 2024

<u>DATE</u>	<u>TIME</u>	<u>EVENT</u>
Fri, April 26th	5:00 - 5:55 PM	Registration Begins
	6:00 - 6:20 PM	Welcome Gathering
	6:20 PM	Dinner
	7:30 - 8:00	Open w/Heart Chant & Hands on Heart
	8:00 - 9:30 PM	Surrender Meditation, Sharing, Discussion
Sat, April 27th	7:00 - 7:50 AM	Energizing Mindful Movement
	8:00 AM	SILENT Breakfast
	9:00 - 10:30 AM	Chant/Guided Meditation/Sharing & Reflection
	11:00 - Noon	Journaling
	Noon	Lunch
	1:00 PM	Free Time
	2:00 - 3:00 PM	Movement & Breathing as a bridge to Meditation
	3:00 - 3:30 PM	"I Am" Meditation
	4:00 - 5:00 PM	Share in small groups, then large group: What blocks you from living as the truth of who you are?
	5:00 PM	Dinner
	6:00 - 6:45 PM	Chants of the Heart w/Carol
	6:45 - 7:30 PM	Shared Sacred Stories w/Holly
7:30+ PM	Heart Shares/Closing Closing song at the end	