

Program Schedule
East Coast Regional Retreat
Rochester, New York
August 24 – 26, 2018

Friday

11:00 a.m.	Registration (continues to 4:00 pm - for those that must travel long distances)
12:30 p.m.	Lunch
2:30 p.m.	Meditation for early arrivals
4:00 p.m.	Opening Ceremony, Class / Divine Talk
5:30 p.m.	Meditation (1st & 2nd)
7:30 p.m.	Dinner
9:00 p.m.	Silent Meditation and Prayer (optional)
9:30:p.m.	Retire / Noble Silence (Beginning of Silence)

Saturday – In Silence

5:30 a.m.	Silent Walk (optional)
6:00 a.m.	Meditation
7:30 a.m.	Breakfast
8:30 a.m.	Walk, Reflect or Rest
9:00 a.m.	Class / Divine Talk
10:15 a.m.	Break
10:30 a.m.	Meditation (1st & 2nd)
12:30 p.m.	Lunch
1:30 p.m.	Rest / Reflection
3:30 p.m.	Class / Q & A
5:15 p.m.	Break
5:30 p.m.	Meditation (1st & 2nd)
7:30 p.m.	Dinner
9:00 p.m.	Silent Meditation and Prayer (optional)
9:30:p.m.	Retire / Noble Silence

Sunday

5:30 a.m.	Silent Walk (optional)
6:00 a.m.	Meditation
7:30 a.m.	Breakfast (End of Silence)
8:30 a.m.	Walk, Reflect or Rest
9:00 a.m.	Class / Divine Talk (Photo Opportunity)
10:15 a.m.	Break
10:30 a.m.	Meditation (1st & 2nd)
12:30 p.m.	Lunch
2:00 p.m.	Divine Talk / Q&A
4:00 p.m.	Closing Remarks, Closing Prayers