

# the Summer Retreat

## AUGUST 2011 Schedule

### TUESDAY

10:00 - 12:00	Arrival
12:00 - 1:00	Lunch
1:00 - 2:15	Welcome
2:15 - 3:00	Meditation
3:00 - 4:30	Break
4:30 - 6:00	LM & CL Teach
6:00 - 7:30	Dinner
8:00 - 10:00	LM Teach

### WEDNESDAY - SATURDAY

8:30 - 9:30	Breakfast
9:30 - 10:15	Meditation
10:30 - 12:00	Yoga
12:00 - 1:00	Lunch
1:00 - 2:15	RB & LC Teach
2:15 - 3:00	Meditation Instruction
3:00 - 4:30	Break
4:30 - 6:00	LM & CL Teach
6:00 - 7:30	Dinner
8:00 - 10:00	LM Teach

### SUNDAY

8:30 - 9:30	Breakfast
9:30 - 10:15	Meditation
10:30 - 12:00	Yoga
12:00 - 1:00	Lunch
1:00 - 3:00	Q&A
4:00	Retreat Ends

