

6:00 – 6:30 am	Meditation
7:00 – 8:30 am	Help to make breakfast, prepare lunches, and clean up
8:30 – 10:30 am	Mantram beachwalk
10:30 – 12:00 noon	Retreat workshop
12:00 – 12:30 pm	meditation
12:45 – 2:00 pm	lunch and help with clean up
2:00 – 4:00 pm	Free time
4:00 – 5:30 pm	Help with dinner preparation, household chores, and quiet study time
5:30 – 6:00 pm	evening meditation
6:00 – 7:30 pm	Dinner and help with clean up
7:30 – 9:00 pm	Evening program
9:30 pm – 6:00 am	Quiet Ajapajapa* house

*"Ajapajapa" refers to a practice of repeating the mantram silently and continuously in the mind. Together, we will make every effort to keep the mantram going as much as possible – creating a healing force for peace that radiates out into the world.