



ALYA

RETREAT CENTER COSTA RICA

awareness . yoga . meditation . nature . health

# SILENCE & MINDFULNESS MEDITATION RETREAT SCHEDULE

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 - 7:15 am		Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation
7:30 - 8:15 am		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:45 - 9:30 am		Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation	Guided Meditation
9:30 am - 12:30 pm		Mindfulness Free Time	Mindfulness Free Time	Mindfulness Free Time	Mindfulness Free Time	Mindfulness Free Time	<u>10:00- 11:30 am</u> Closing Circle
12:30 - 1:30 pm	Arrival, lunch and check-in	Lunch	Lunch	Lunch	Lunch	Lunch	Check-out time and Goodbye
1:30 - 3:00 pm		Personal Meetings	Personal Meetings	Personal Meetings	Personal Meetings	Personal Meetings	
3:00 - 5:30 pm		Walking Meditation outdoor session		Walking Meditation outdoor session		Walking Meditation outdoor session	
5:00 - 5:45 pm			Silent Meditation		Silent Meditation		
6:00 - 9:00 pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
7:30 - 9:30 pm	Opening Circle	Dharma Session	<u>7:30 - 8:15 pm</u> Meditation	Dharma Session	<u>7:30 - 8:15 pm</u> Meditation	Fire on the Beach	