

Just For Today Retreat

Friday, 14th October 2022

| Time | Activity |
|-------------|-------------------------------------|
| 2.00 pm | Arrival and check into rooms |
| 2.30 pm | Retreat information and orientation |
| 3.30 pm | Afternoon tea |
| 4.30 pm | Teaching |
| 6.30 pm | Dinner and community activity |
| 7.30 pm | Teaching and meditation |
| 9.00 pm | Free time |

Saturday, 15th October 2022

| Time | Activity |
|-----------------|----------------------------------|
| 6:00 am Silence | Wake up bell |
| 6.30 am Silence | Meditation |
| 7.30 am Silence | Personal time |
| 8:30 am Silence | Breakfast |
| 9.00 am | Community activity or free time |
| 9.30 am | Teaching |
| 11:00pm | Morning tea |
| 11:30pm | Teaching and meditation |
| 1:00pm | Lunch |
| 1.30 pm | Community activity and free time |
| 3.00pm | Afternoon tea |

Personal time - Inner reflection/observation

Meditation - Different styles

Community activity - Room tidy or kitchen duties

Free time - Relax at Maitripa

Just For Today Retreat

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|--------|---------------------------------|
| | |
| 3.30pm | Teaching and meditation |
| 6.30pm | Dinner |
| 6.30pm | Community activity or free time |
| 7.30pm | Teaching and meditation |
| 9.00pm | Free time |

Sunday 16th October 2022

| Time | Activity |
|-----------------|----------------------------------|
| 6:00am Silence | Wake up |
| 6:30am Silence | Meditation |
| 7.30 am Silence | Personal time |
| 8:30 am Silence | Breakfast |
| 9.00 am | Community activity and free time |
| 10.00 am | Teaching and meditation |
| 11:00 am | Morning tea |
| 11.30 am | Teaching and meditation |
| 1:00 pm | Lunch |
| 1:30 pm | Community activity and cleaning |
| 2:30pm | Summation and goodbyes |

Personal time - Inner reflection/observation

Meditation - Different styles

Community activity - Room tidy or kitchen duties

Free time - Relax at Maitripa