

At-Home Weeklong Retreat with Adyashanti

Day 1 (Sunday)	Days 2 & 4 (M/W)	Days 3 & 5 (Tu/Th)	Day 6 (Friday)
7:00 PM Adya's Opening Talk *	8:00 AM Self-guided Meditation ^	8:00 AM Self-guided Meditation ^	8:00 AM Self-guided Meditation ^
8:00 PM Break	8:40 AM Breakfast/Break	8:40 AM Breakfast/Break	8:40 AM Breakfast/Break
8:15 AM Meditation *	10:00 AM Adya's Talk *	10:00 AM Adya's Talk *	10:00 AM Adya's Talk *
8:45 PM Meditation Ends	11:00 AM Break	11:00 AM Break	11:30 AM Retreat Ends
	11:30 AM Guided Meditation *	11:30 AM Guided Meditation *	
	Noon Lunch/Break	Noon Lunch/Break	
	2:00 PM Self-guided Meditation ^	2:00 PM Self-guided Meditation ^	
	2:40 PM Break	2:40 PM Break	
	2:55 PM Self-guided Meditation ^	2:55 PM Self-guided Meditation ^	
	3:35 PM Break	3:35 PM Break	
	3:45 PM Qi Gong (15 or 35 min) #	3:45 PM Qi Gong (15 or 35 min) #	
	4:20 PM Energetics Q&A with Mukti *	4:20 PM Self-guided Meditation ^	
	5:20 PM Dinner/Break	5:00 PM Dinner/Break	
	7:15 PM Q&A with Adya *	7:15 PM Q&A with Adya *	
	8:45 PM Break	8:45 PM Break	
	9:00 PM Meditation *	9:00 PM Meditation *	
	9:30 PM Meditation Ends	9:30 PM Meditation Ends	

LEGEND

**** Recorded Session**

^ Self-guided

YouTube Video