November 29 – December 4, 2020

Pacific Standard Time Zone (PST)

Day 1 (Sunday)		Days 2 & 4 (M/W)		Days 3 & 5 (Tu/Th)		Day 6 (Friday)	
7:00 PM	Orientation/Gathering *	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 PM	Adya's Opening Talk **	10:00 AM	Adya's Talk **	10:00 AM	Adya's Talk **	10:00 AM	Adya's Talk **
9:15 PM	Break	11:00 AM	Break	11:00 AM	Break	11:30 AM	Break
9:30 PM	Meditation **	11:30 AM	Guided Meditation **	11:30 AM	Guided Meditation **	11:45 AM	Closing/Gathering *
10:00 PM	Meditation Ends	Noon	Lunch/Break	Noon	Lunch/Break	12:30 PM	Retreat Ends
		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	Virtual Gathering *		
		5:20 PM	Dinner/Break	5:20 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

* Zoom Meeting

** Live Broadcast

^ Self-guided

Prerecorded