

Mountain Institute Inc

RETREAT SCHEDULE

Friday

8:30 to 9:00 am	Doors open – Registration
9:00 to 9:15	Announcements
9:15 to 10:00	Quickening Meditation
10:00 to 10:15	Break
10:15 to 11:30	Q & A Session
11:30 to 11:45	Break
11:45 to 12:30	Quickening Meditation
12:30 to 1:45	– Lunch –
1:45 to 3:00	Q & A Session
3:00 to 3:15	Break
3:15 to 4:00	Quickening Meditation
4:00 to 4:15	Break
4:15 pm	Ekam and Kriya Initiations

Saturday

8:30 to 9:00 am	Doors open – Registration
9:00 to 9:15	Announcements
9:15 to 10:00	Quickening Meditation
10:00 to 10:15	Break
10:15 to 11:30	Q & A Session
11:30 to 11:45	Break
11:45 to 12:30	Quickening Meditation
12:30 to 1:45	– Lunch –
1:45 to 3:00	Q & A Session
3:00 to 3:15	Break
3:15 to 4:00	Quickening Meditation

Sunday

8:30 to 9:00 am	Doors open – Registration
9:00 to 9:15	Announcements
9:15 to 10:00	Quickening Meditation
10:00 to 10:15	Break
10:15 to 11:00	Q & A Session
11:00 to 11:15	Break
11:15 to Noon	Quickening Meditation

All times are tentative and subject to change, so keep your ears open.

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