

Mountain Institute Inc

RETREAT SCHEDULE – 2026

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 11:00	Q & A Session (or) Quickening Meditation
11:00 to 11:15	Break
11:15 to 12:00	Quickening Meditation
12:00 to 1:15	– Lunch –
1:15 to 2:00	Quickening Meditation
2:00 to 2:15	Break
2:15 to 3:00	Q & A Session (or) Quickening Meditation
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 11:00	Q & A Session (or) Quickening Meditation
11:00 to 11:15	Break
11:15 to 12:00	Quickening Meditation
12:00 to 1:15	– Lunch –
1:15 to 2:00	Quickening Meditation
2:00 to 2:15	Break
2:15 to 3:00	Q & A Session (or) Quickening Meditation
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