



*Blue Lotus Mindfulness and Meditation Center*

# *Silent Retreat*

*May 23, 2021*

## *Itinerary*

<i>Time</i>	<i>Event</i>	<i>Location</i>
<i>7:00 AM</i>	<i>Arrive at the Meditation Center</i>	<i>Meditation Center</i>
<i>7:15 AM</i>	<i>Introductions &amp; Instructions</i>	<i>Meditation Center</i>
<i>7:30 AM</i>	<i>Walking Meditation</i>	<i>Surrounding Area</i>
<i>8:00 AM</i>	<i>Writing/ Journaling Meditation</i>	<i>Meditation Center</i>
<i>9:30 AM</i>	<i>Reading Meditation</i>	<i>Meditation Center</i>
<i>10:15 AM</i>	<i>Tea or Water Meditation</i>	<i>Meditation Center</i>
<i>10:35 AM</i>	<i>Silent Meditation</i>	<i>Meditation Center</i>
<i>11:30 AM</i>	<i>Eating Meditation</i>	<i>Meditation Center</i>
<i>12:15 PM</i>	<i>Walking Meditation</i>	<i>Surrounding Area</i>
<i>12:45 PM</i>	<i>Silent Meditation</i>	<i>Meditation Center</i>
<i>1:05 PM</i>	<i>Tea or Water Meditation</i>	<i>Meditation Center</i>
<i>1:30 PM</i>	<i>Silent Meditation</i>	<i>Meditation Center</i>
<i>2:00 PM</i>	<i>Reading Meditation</i>	<i>Meditation Center</i>
<i>2:30 PM</i>	<i>Walking Meditation</i>	<i>Surrounding Area</i>
<i>3:30 PM</i>	<i>Writing/ Journaling Meditation</i>	<i>Meditation Center</i>
<i>3:30 - 4:30 PM</i>	<i>Feedback Interviews/ Silent Meditation</i>	<i>Meditation Center</i>
<i>4:30 PM</i>	<i>Depart Meditation Center</i>	

