



Limina 4-night Retreats

SAMPLE SCHEDULE – subject to change

Day 1 Friday	3:00 pm 5:30 pm 6:30 pm 7:30 pm	Check-in Begins Tour of Limina – Meet in Living Room Dinner – Dining Room Retreat Opening Ritual
Day 2 Saturday	6:00 am 8:00 – 9:00 am 11:00 am 12:30 – 1:30 pm 4:00 – 6:00 pm 6:30 pm	Coffee and tea available – Beverage Nook Breakfast (a silent meal) – Dining Room Movement class (yoga or qigong) – Multi-purpose Room Lunch – Dining Room Group Sound Journey – Multi-purpose Room Dinner – Dining Room
Day 3 Sunday	6:00 am 8:00 – 9:00 am 11:00 am 12:30 – 1:30 pm 5:30 pm 6:30 pm	Coffee and tea available – Beverage Nook Breakfast (a silent meal) – Dining Room Movement class (yoga or qigong) – Multi-purpose Room Lunch – Dining Room Evening Meditation or Communion Service Dinner – Dining Room
Day 4 Monday	6:00 am 8:00 – 9:00 am 11:00 am 12:30 – 1:30 pm 6:30 pm 7:30 pm	Coffee and tea available – Beverage Nook Breakfast (a silent meal) – Dining Room Movement class (yoga or qigong) – Multi-purpose Room Lunch – Dining Room Dinner – Dining Room Retreat Closing Ritual
Day 5 Tuesday	6:00 am 8:00 – 9:00 am 1:30 am 12:00 pm 1:00 pm	Coffee and tea available – Beverage Nook Breakfast (a silent meal) – Dining Room Movement class (yoga or qigong) – Multi-purpose Room Lunch – Dining Room Check out • Please strip your beds & leave sheets in a pile on your bed • Please leave towels in the bathroom • Please sign our guest book • Please consider tipping our staff