



# Sound Retreat -(Draft)

## May 14th - 18th

|                   |                                                                                                                   |                                                                                                                                                                                                                                            |
|-------------------|-------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Day 1<br>Friday   | 3:00 pm<br>5:30 pm<br>6:30 pm<br>7:30 pm                                                                          | Check-in Begins<br>Tour of Limina – Meet in Living Room<br>Dinner – Dining Room<br>Meditation and Opening Ritual                                                                                                                           |
| Day 2<br>Saturday | 6:00 am<br>7:30 am<br>8:00 – 9:00 am<br>9:30- 11:30 am<br>12:30 – 1:30 pm<br>3:00 – 5:00 pm<br>6:30 pm            | Coffee and tea available – Beverage Nook<br>Sound Meditation - Sound and Energy Room<br>Breakfast (a silent meal) – Dining Room<br>Group Sound Journey – Multi-purpose Room<br>Lunch<br>Group Sound Journey – Multi-purpose Room<br>Dinner |
| Day 3<br>Sunday   | 6:00 am<br>7:30 am<br>8:00 – 9:00 am<br>9:30- 10:30 am<br>12:30 – 1:30 pm<br>3:30 - 5:30 pm<br>6:30 pm            | Coffee and tea available – Beverage Nook<br>Sound Meditation - Sound and Energy Room<br>Breakfast (a silent meal) – Dining Room<br>Kirtan – Multi-purpose Room<br>Lunch<br>Group Sound Journey – Multi-purpose Room<br>Dinner              |
| Day 4<br>Monday   | 6:00 am<br>7:30 am<br>8:00 – 9:00 am<br>10:00- 11:30am<br>12:30 – 1:30 pm<br>3:30 - 5:30 pm<br>6:30 pm<br>7:30 pm | Coffee and tea available – Beverage Nook<br>Sound Meditation - Sound and Energy Room<br>Breakfast (a silent meal) – Dining Room<br>Forest Bathing<br>Lunch<br>Group Sound Journey – Multi-purpose Room<br>Dinner<br>Retreat Closing Ritual |
| Day 5<br>Tuesday  | 6:00 am<br>7:30 am<br>8:00 – 9:00 am<br>10:00-11:00 am<br>12:00 pm<br>1:00 pm                                     | Coffee and tea available – Beverage Nook<br>Sound Meditation - Sound and Energy Room<br>Breakfast – Dining Room<br>Drumming and Grounding Session Multi-purpose Room<br>Lunch<br>Check-out                                                 |