

Program Schedule for East Coast Retreat
Rochester, New York
July 7 – 9, 2023

Friday

11:00 a.m. Registration (continues to 4:00 pm - for those that must travel long distances)
12:30 p.m. Lunch
2:30 p.m. Meditation for early arrivals
4:00 p.m. Opening Ceremony, Class / Divine Talk
5:30 p.m. Meditation (1st & 2nd)
7:30 p.m. Dinner
9:00 p.m. Silent Meditation and Prayer (optional)
9:30:p.m. Retire / Noble Silence (**Beginning of Silence**)

Saturday – In Silence

5:30 a.m. Silent Walk (optional)
6:00 a.m. Meditation
7:30 a.m. Breakfast
8:30 a.m. Walk, Reflect or Rest
9:00 a.m. Class / Divine Talk
10:15 a.m. Break
10:30 a.m. Meditation (1st & 2nd)
12:30 p.m. Lunch
1:30 p.m. Rest / Reflection
3:30 p.m. Class / Q & A
5:15 p.m. Break
5:30 p.m. Meditation (1st & 2nd)
7:30 p.m. Dinner
9:00 p.m. Silent Meditation and Prayer (optional)
9:30:p.m. Retire / Noble Silence

Sunday

5:30 a.m. Silent Walk (optional)
6:00 a.m. Meditation
7:30 a.m. Breakfast (End of Silence)
8:30 a.m. Walk, Reflect or Rest
9:00 a.m. Class / Divine Talk (Photo Opportunity)
10:15 a.m. Break
10:30 a.m. Meditation (1st & 2nd)
12:30 p.m. Lunch
2:00 p.m. Divine Talk / Q&A
4:00 p.m. Closing Remarks, Closing Prayers