



## Awake Silent Retreat

December 1, 2024 - December 7, 2024

<b>Sunday</b>	3:00-4:00 pm	Retreat Introduction & Opening Talk
	4:00-6:00 pm	Check-in begins
	<i><b>Rooms are ready by 4:00 pm</b> - if you arrive early, we'll gladly hold your luggage at Reception.</i>	
	6:00-7:00 pm	Dinner
	7:00-7:20 pm	Orientation Session by AOL Staff (mandatory)
	7:30-8:00 pm	Guided Meditation (Silence Observed)
	8:10-8:40 pm	Silent Sitting
	8:50-9:20 pm	Singing Bowls
	9:30-10:00 pm	Silent Sitting (Maintain Silence)

<b>Daily</b> <i>Monday-Friday</i>	7:30-8:50 am	Breakfast
	9:00-9:40 am	Guided Meditation
	9:50-10:20 am	Silent Sitting
	10:30-11:20 am	Talk
	11:30-11:50 am	Silent Sitting
	12:00-1:00 pm	Lunch
	1:00-3:00 pm	Free Time
	3:00-3:30 pm	Silent Sitting
	3:40-4:20 pm	Poetry Reading/Silent Sitting
	4:30-6:00 pm	Q&A
	6:00-8:00 pm	Dinner & Free Time
	8:00-8:50 pm	Singing Bowls
	9:00-9:30 pm	Silent Sitting
	9:40-10:00 pm	Silent Sitting (Maintain Silence)

**2:30-3:30 pm** | Breakout Small Group Discussion Q&A. You will be assigned **one** day Mon-Fri to do this with a facilitator. Be sure you know which day is your day and the location of the breakout room. All other days just follow the main schedule.

<b>Saturday</b>	7:30-8:50 am	Breakfast (Maintain Silence)
	9:00-9:40 am	Guided Meditation
	9:50-10:20 am	Silent Sitting (End Silence)
	10:30-11:20 am	Free Time (Checkout)
	11:30-11:50 am	Closing Comments
	12:00-1:00 pm	Lunch