

Vilcabamba Retreat Schedule 6.19.2020

Days & Events	Time
Friday	
Breakfast	7:30 – 9:30
Morning Session in MT conference room	9:30 – 12:30
Lunch	12:00 – 2:30
Afternoon Session in MT conference room	2:30 – 5:30
Dinner	6:00 – 7:00
Saturday - Solstice Day	
Breakfast	7:30 – 9:30
Solstice Group Training & Healing	9:30 – 12:30
Lunch	12:30 – 2:00
Solstice Group Experience & Meditation	2:00 – 5:00
Dinner	6:00 – 7:00
Sunday	
Breakfast	7:30 – 9:30
Morning Session in MT conference room	9:30 – 12:30
Lunch	12:00 – 2:30
Afternoon Session in MT conference room	2:30 – 5:30
Dinner	6:00 – 7:00
Monday	
Breakfast	7:30 – 9:30
Morning Session in MT conference room	9:30 – 12:30
Lunch	12:00 – 2:30
Afternoon Session in MT conference room	2:30 – 5:30
Dinner	6:00 – 7:00
Tuesday – Normal morning & afternoon schedule	
Wednesday	
Breakfast	7:30 – 8:30
Taxis to Podocarpus National Park	8:30 – 9:30
Morning Meditation & Teaching in Podocarpus	9:30 – 12:00
Picnic lunch	12:00 – 1:00
Taxis return to Madre Tierra	1:00 – 2:00
Afternoon – no session	Free
Dinner	6:00 – 7:00
Thursday – Normal morning & afternoon schedule	
Breakfast	7:30 – 9:30
Morning Session in MT conference room	9:30 – 12:30
Lunch	12:00 – 2:30
Afternoon Session in MT conference room	2:30 - 5:30
Closing of our Circle	6:00 - 6:30
Late Dinner	6:30 - 8