

Sample Daily Personal Retreat Schedule

6:45am	Awake!
6:55 – 7:15	Coffee
7:15 – 8:15	Sit
8:15 – 8:45	Walk
8:45 – 10:15	Breakfast
10:15 – 11:15	Sit
11:15 – 11:45	Walk
11:45 – 12:45 pm	Lunch
12:45 – 1:45	Personal time (Rest, shower, hike, etc.)
1:45 – 2:30	Sit
2:30 – 3:30	Exercise
3:30 – 4:30	Service
4:30 – 5:00	Personal time
5:00 – 6:00	Sit
6:00 – 7:00	Dinner
7:00 – 7:30	Personal time
7:30 – 8:30	Sit
8:30 pm	Bed time

This is just a sample. Some people like to get up earlier than others. Some people have better meditations in the evenings and like to stay up later. Some people like to do more or less meditating. People's rhythms also change seasonally. This sample schedule is meant to provide one example of a possible daily schedule.