

WCCM SCHOOL RETREAT

SAMPLE

FIRST DAY

3:30 pm to 5:30 pm	Registration
5:30pm	Meditation
6.00pm	Dinner
7:30 pm	Opening session and meditation

Day 2 - 7

6:30 am	Meditation
7:00 am	Contemplative Walk
7:15 am	Meditation
8.00 am	Breakfast
8:45-10:00 am	Rest and Reflection (interviews)
10:15 am	Teaching and meditation
11:15 am	Contemplative Walk
11:30 am	Meditation
12 pm	Lunch
12:45- 2:30 pm	Rest and Reflection (interviews)
2.30 pm	Contemplative Walk
2:45 pm	Meditation
3:15-3:45 pm	Rest and Reflection (interviews)
3.45 pm	Contemplative Walk
4:00 pm	Meditation
5:00 pm	Mass and Meditation
6 pm	Supper
7.30 pm	Meditation

Except Day 5 which is a desert day when the only items on the schedule are the meditations. All participants will attend meditation at 6:30am am and 7:30pm and may attend any of the other meditations.

Last Day

6:30 am	Meditation
7:00 am	Contemplative Walk
7:20 am	Meditation
8:00 am	Breakfast
9:00am to 10:15am	packing
10:15 am	Mass and Meditation, Closing
12:00 pm	Lunch
1:00 pm	Farewells and Departures

(Silence finishes either after 7:20am meditation)