

Day 0

Arrival and personal interview
19:00 – 20:00 Dinner

Day 1

08:00 – 09:00 Breakfast
09:30 – 11:00 Sitting/Walking Meditation
11:00 – 11:20 Tea Break
12:30 – 13:00 Lunch
15:00 – 15:45 Camino Walk near the Center
16:00 – 18:30 Movie "Brother Sun, Sister Moon"
19:00 – 20:00 Dinner

Day 2

08:00 – 09:00 Breakfast
09:30 – 11:00 Sitting/Walking Meditation
11:00 – 11:20 Tea Break
12:30 – 13:00 Lunch
15:00 – 16:00 Tea Break & Sharing
16:00 – 18:00 Visit to San Damiano Monastery
19:00 – 20:00 Dinner

Day 3

08:00 – 09:00 Breakfast
09:30 – 11:00 Camino-Walk to Eremo delle Carceri*
11:00 – 12:00 Individual stay in Francesco's Forest Monastery*
12:30 – 13:00 Lunch
15:00 – 16:00 Tea Break & Sharing
16:00 – 19:00 Free Time in the Center
19:00 – 20:00 Dinner

Day 4

08:00 – 09:00 Breakfast
09:30 – 11:00 Sitting/Walking Meditation
11:00 – 11:20 Tea Break
12:30 – 13:00 Lunch
15:00 – 16:00 Tea Break & Sharing
16:00 – 20:00 Meditation in San Stefano, visit to St. Chiara & Vesper in San Damiano
20:00 – 21:00 Dinner

Day 5

06:00 – 06:45 Meditation in San Francesco's Crypt
06:45 – 07:30 Morning Service in Basilica Church
08:00 – 09:00 Breakfast
09:30 – 11:00 Sitting/Walking Meditation
11:00 – 11:20 Tea Break
12:30 – 13:00 Lunch
15:00 – 16:00 Tea Break, Sharing & Evaluation
16:00 – 19:00 Free Time in the Center
19:00 – 20:00 Dinner
20:00 – 21:00 Concert with The Moment

Day 6

08:00 – 09:00 Breakfast
09:00 – 12:00 personal interview (45 minutes per person) / Free Time in the Center
12:30 – 13:00 Lunch
13:00 – 18:00 Free Time with possibility to visit Assisi on your own*
19:00 – 20:00 Dinner

Day 7

08:00 – 09:00 Breakfast and departure

Please note:

- One of the retreat leaders is always present during all sessions, except where marked *
- All meditations, meals & visits to Assisi happen in silence.
- Breakfast is taken individually.
- Each afternoon session gives the **possibility** for sharing. For more profound personal guidance a session with Mayadevi can be booked.
- It is possible to stay in the Center before and/or after a retreat. Contact us for more information.
- We reserve the right to change the program.