

## 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 / individual Camino Walk near the Center

19:00 – 20:00 Dinner

## Last Day

08:00 – 09:00 Breakfast

09:00 – 12:00 personal interview / Free Time in the Center / individual Camino Walk near 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

## 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.
- The programme for Day One and the Last Day is fixed, all other days will be adapted to the length of your stay and personal preferences.
- We reserve the right to change the program.

## Regarding the Intensive Retreat programme:

We plan a BodyCoaching session every second day (morning 09:30-11:00). In order to integrate the session we do not plan a tour to Assisi that day. Afternoons can be free or have a guided Camino Walk near the center.