

Saturday

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

Sunday

08:30 – 09:00 Breakfast*
09:30 – 10:30 Sitting/Walking Meditation
10:30 – 10:45 Silent Gathering
10:45 – 12:30 Free Time in the Center
12:30 – 13:00 Lunch
13:00 – 15:00 Free Time in the Center
15:00 – 15:15 Silent Gathering
15:15 – 15:45 Possibility for Sharing & Feedback
16:00 – 17:00 Camino Walk near the Center
18:00 – 18:50 Movie "Brother Sun, Sister Moon"* Part 1
19:00 – 20:00 Dinner
Movie "Brother Sun, Sister Moon"* Part 2

Monday

08:30 – 09:00 Breakfast*
09:30 – 10:30 Sitting/Walking Meditation
10:30 – 10:45 Silent Gathering
10:45 – 12:30 Free Time in the Center
12:30 – 13:00 Lunch
13:00 – 15:00 Free Time in the Center
15:00 – 15:15 Silent Gathering
15:15 – 15:45 Possibility for Sharing & Feedback
16:00 – 17:30 Visit to San Damiano*
17:30 – 18:15 Visit to Chiara's Church*
18:15 – 18:45 Walk through Assisi's oldest part
19:00 – 20:00 Dinner

Tuesday

08:30 – 09:00 Breakfast*
09:30 – 10:30 Sitting/Walking Meditation
10:30 – 10:45 Silent Gathering
10:45 – 12:30 Free Time in the Center
12:30 – 13:00 Lunch
13:00 – 15:00 Free Time in the Center
15:00 – 15:15 Silent Gathering
15:15 – 15:45 Possibility for Sharing & Feedback
16:00 – 18:15 Visit Porziuncola Monastery*
19:00 – 20:00 Vesper at San Damiano
20:15 – 21:00 Dinner

Wednesday

08:30 – 09:00 Breakfast
09:30 – 10:30 Sitting/Walking Meditation
10:30 – 10:45 Silent Gathering
10:45 – 12:30 Free Time in the Center
12:30 – 13:00 Lunch
13:00 – 15:00 Free Time in the Center
15:00 – 15:15 Silent Gathering
15:15 – 15:45 Possibility for Sharing & Feedback
16:00 – 18:30 Visit Eremo delle Carceri*
19:00 – 20:00 Dinner

Thursday

08:30 – 09:00 Breakfast*
09:30 – 10:30 Sitting/Walking Meditation
10:30 – 10:45 Silent Gathering
10:45 – 12:30 Free Time in the Center
12:30 – 13:00 Lunch
13:00 – 15:00 Free Time in the Center
15:00 – 15:15 Silent Gathering
15:15 – 15:45 Possibility for Sharing & Feedback
16:00 – 18:30 Visit San Francesco's Basilique*
19:00 – 20:00 Dinner

Friday

08:30 – 09:00 Breakfast*
09:30 – 10:30 Sitting/Walking Meditation
10:30 – 10:45 Silent Gathering
10:45 – 12:30 Free Time in the Center / personal sharing
12:30 – 13:00 Lunch
13:00 – 18:00 Free Time possibility to visit Assisi on your own*
19:00 – 20:00 Dinner
20:15 – 21:00 Concert with The Moment

Saturday

Breakfast and departure

Please note:

- *All meditations, Silent Gathering (= tea break), meals & visits to Assisi happen in silence. But we do communicate practical informations in a natural way, so daily life can happen smoothly. However, we refrain from conversations and smalltalk.*
 - *Breakfast is taken individually.*
 - *Each afternoon session gives the possibility for sharing. For more profound personal guidance outside the group simple advice can be given or a session with Mayadevi (90 minutes) can be booked.*
 - *We reserve the right to change the program when needed.*
- *One of the retreat leaders is always present during all sessions, except where marked* For the visits to Assisi's Sacred Sites you will be dropped at the entrance of the monasteries with clear written information, so you can visit the sites in your own space and at your own pace.*