

Saturday

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

Sunday

08:00 – 08:30 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
15:45 – 16:00 Tea Break
16:00 – 18:30 Movie "Brother Sun, Sister Moon"*
19:00 – 20:00 Dinner

Monday

08:00 – 08:30 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 & Porziuncola
19:00 – 20:00 Dinner

Tuesday

08:00 – 08:30 Breakfast
09:30 – 11:15 Camino-Walk to Eremo delle Carceri*
11:15 – 12:15 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

Wednesday

08:00 – 08:30 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
20:15 – 21:00 Dinner

Thursday

08:00 – 08:30 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 Visit San Francesco's Basilique
19:15 – 20:00 Dinner

Friday

08:00 – 08:30 Breakfast
09:30 – 10:45 Camino Walk near the Center*
11:00 – 11:20 Tea Break
12:30 – 13:00 Lunch
13:00 – 18:00 Free Time with possibility to visit Assisi on your own*
19:00 – 20:00 Dinner
20:00 – 21:00 Concert with The Moment

Saturday

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.