

Day 0

Arrival, welcome and personal interview
19:00 – 20:00 Dinner
20:00 – 22:15 Movie "Brother Sun, Sister Moon"

Day 1

07:00 – 08:00 Camino Walk in the hills around the Center
08:00 – 09:00 Breakfast
09:30 – 10:10 Body Flow & Movement
10:10 – 12:00 Sitting/Walking Meditation
12:00 – 13:00 Lunch
15:00 – 16:00 Tea Break & Sharing
16:00 – 18:00 Visit to San Damiano
19:00 – 20:00 Dinner

Day 2

08:00 – 09:00 Breakfast
09:30 – 10:10 Body Flow & Movement
10:10 – 12:00 Sitting/Walking Meditation
12:00 – 13:00 Lunch
15:00 – 16:00 Tea Break & Sharing
16:00 – 18:00 Visit to Porziuncola
19:00 – 20:00 Vesper at San Damiano
20:15 – 21:00 Dinner

Day 3

08:00 – 09:00 Breakfast
09:00 – 10:00 Camino-Walk to Eremo delle Carceri
11:00 – 12:00 Individual at Eremo delle Carceri
12:00 – 13:00 Picnic on Mount Subasio
15:00 – 16:00 Tea Break & Sharing
16:00 – 19:00 Guided Relaxation, thereafter Free Time in the Center
19:00 – 20:00 Dinner

Day 4

08:00 – 09:00 Breakfast
09:30 – 10:10 Body Flow & Movement
10:10 – 12:00 Sitting/Walking Meditation
12:00 – 13:00 Lunch
15:00 – 16:00 Tea Break & Sharing
16:00 – 19:30 Meditation in San Stefano & Vesper in Basilica di Santa Chiara
20:00 – 21:00 Dinner

Day 5

05:15 – 05:30 Breakfast
06:00 – 08:00 Sitting/Walking Meditation in Basilica di San Francesco Lower Church
08:00 – 08:30 Café
08:30 – 10:00 Sitting/Walking Meditation in to Basilica di San Francesco Upper Church
11:15 – 12:00 Guided Relaxation
12:00 – 13:00 Lunch
15:00 – 19:00 Tea Break, Sharing & Evaluation, thereafter 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
12:00 – 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.*
- *All meditations, meals & visits to Assisi happen in silence.*
- *Breakfast is taken individually.*
- *Each afternoon session gives the **possibility** for sharing. More basic personal guidance can be given individually or 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.*