

## Saturday

Arrival and personal interview

19:00 – 20:00 Dinner

## Sunday

07:45 – 08:30 Meditative Movement\*\*

08:30 – 09:00 Breakfast\*

10:00 – 11:00 Sitting/Walking Meditation

11:00 – 11:20 Silent Gathering

12:30 – 13:00 Lunch

15:00 – 15:20 Silent Gathering

15:20 – 16:00 Possibility for Sharing

16:00 – 17:00 Camino Walk near the Center

18:00 – 18:50 Movie "Brother Sun, Sister Moon"\* Part One

19:00 – 20:00 Dinner

Movie "Brother Sun, Sister Moon"\* Part Two

## Monday

07:45 – 08:30 Meditative Movement\*\*

08:30 – 09:00 Breakfast\*

10:00 – 11:00 Sitting/Walking Meditation

11:00 – 11:20 Silent Gathering

12:30 – 13:00 Lunch

15:00 – 15:20 Silent Gathering

15:20 – 16:00 Possibility for Sharing

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

07:45 – 08:30 Meditative Movement\*\*

08:30 – 09:00 Breakfast\*

10:00 – 11:00 Sitting/Walking Meditation

11:00 – 11:20 Silent Gathering

12:30 – 13:00 Lunch

15:00 – 15:20 Silent Gathering

15:20 – 16:00 Possibility for Sharing

16:00 – 18:15 Visit Porziuncola Monastery\*

19:00 – 20:00 Vesper at San Damiano

20:15 – 21:00 Dinner

## Wednesday

07:45 – 08:30 Meditative Movement\*\*

08:30 – 09:00 Breakfast

10:00 – 11:00 Sitting/Walking Meditation

11:00 – 11:20 Silent Gathering

12:30 – 13:00 Lunch

15:00 – 15:20 Silent Gathering

15:20 – 16:00 Possibility for Sharing

16:00 – 18:15 Visit Eremo delle Carceri\*

19:00 – 20:00 Dinner

## Thursday

07:45 – 08:30 Meditative Movement\*\*

08:30 – 09:00 Breakfast\*

10:00 – 11:00 Sitting/Walking Meditation

11:00 – 11:20 Silent Gathering

12:30 – 13:00 Lunch

15:00 – 15:20 Silent Gathering

15:20 – 16:00 Possibility for Sharing

16:00 – 18:30 Visit San Francesco's Basilique\*

19:00 – 20:00 Dinner

## Friday

08:00 – 08:30 Breakfast\*

09:00 – 10:30 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

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 or adapt 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 Places 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.

\*\*Meditative Movement requires minimum 3 retreat participants