

Sat Weekend Retreat

Schedule - Pacific Time

FRIDAY - DEC 9	4:00 - 6:00 pm	In-person registration at Camp Galilee
	8:30 - 9:00 pm	In-person Orientation
	9:00 - 11:00 pm	Guidelines and Set of Intent by Sat Shree
SATURDAY- DEC 10	6:00 - 7:30 am	Silent Sitting with Sat Shree
	11:00 - 1:00 pm	Talk by Sat Shree
	4:00 - 5:30 pm	Silent Sitting (Facilitator led)
	9:00 - 10:30 pm	Silent Sitting with Sat Shree
SUNDAY - DEC 11	6:00 - 7:30 am	Silent Sitting with Sat Shree
	10:00 - 1:00 pm	Completion
WEDNESDAY - DEC 14	10:00 - 12:00 pm	Small Groups follow up