

India Sat Weekend Schedule (Central European Time)

February 10-12, 2023

Day 1

Friday, February 10

1:30 pm – 3:30 pm

Introductions, Orientation, Retreat Manual

Day 2

Saturday, February 11

1:30 am – 3:00 am

Silent Sitting with Sat Shree

6:30 am – 8:00 am

Silent Sitting (facilitator-led)

11:30 am – 1:00 pm

Silent Sitting with Sat Shree

3:30 pm – 5:30 pm

Talk with Sat Shree

Day 3

Sunday, February 12

1:30 am – 3:00 am

Silent Sitting with Sat Shree

6:30 am – 8:30 am

Completion