

# **India Sat Weekend Schedule (Eastern Time)**

February 10-12, 2023

## **Day 1**

**Friday, February 10**

7:30 am – 9:30 am

7:30 pm – 9:00 pm

**Introductions, Orientation, Retreat Manual**

**Silent Sitting with Sat Shree**

## **Day 2**

**Saturday, February 11**

12:30 am – 2:00 am

5:30 am – 7:00 am

9:30 am – 11:30 am

7:30 pm – 9:00 pm

**Silent Sitting (facilitator-led)**

**Silent Sitting with Sat Shree**

**Talk with Sat Shree**

**Silent Sitting with Sat Shree**

## **Day 3**

**Sunday, February 12**

12:30 am – 2:30 am

**Completion**