

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

February 10-12, 2023

## **Day 1**

### **Friday, February 10**

4:30 am – 6:30 am

**Introductions, Orientation, Retreat Manual**

4:30 pm – 6:00 pm

**Silent Sitting with Sat Shree**

9:30 pm – 11:00 pm

**Silent Sitting (facilitator-led)**

## **Day 2**

### **Saturday, February 11**

2:30 am – 4:00 am

**Silent Sitting with Sat Shree**

6:30 am – 8:30 am

**Talk with Sat Shree**

4:30 pm – 6:00 pm

**Silent Sitting with Sat Shree**

9:30 pm – 11:30 pm

**Completion**