



Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven	
Sunday, June 2	Monday, June 3	Tuesday, June 4	Wednesday, June 5	Thursday, June 6	Friday, June 7	Saturday, June 8	
	MINDFUL MOVEMENT						CHECK-OUT & DEPARTURE PRIOR TO 12:00 PM
	MEDITATION						
	BREAKFAST						
	ANNOUNCEMENTS	ANNOUNCEMENTS	ANNOUNCEMENTS	ANNOUNCEMENTS	ANNOUNCEMENTS	ANNOUNCEMENTS	
	SESSION	SESSION	SESSION	SESSION	SESSION	SESSION	
	SESSION	SESSION	SESSION	BREAKOUTS	SESSION		
	LUNCH						
	ARRIVAL & CHECK-IN 2:00-6:00 PM <hr/> Intro to contemplative meditation 5:00-5:30 pm <hr/> Volunteer meeting 5:30-5:50 pm	REST SPACE	CONTEMPLATIVE RETREAT	SESSION	CONTEMPLATIVE RETREAT	SESSION	
		SMALL GROUPS		BREAKOUTS		SMALL GROUPS	
		QI GONG					
DINNER							
WELCOME	NETWORKING	POSTER SESSION	MIND & LIFE GRANT PRESENTATIONS	POSTER SESSION	CLOSING REMARKS & CELEBRATION		
MEDITATION							
SILENCE OBSERVED 10:00 PM-8:00 AM							