

## Virtual Silence Retreat, November 20-22, 2020

### Friday, November 20

7:00-8:15	Overview, introductions, thoughts on silence, questions
8:15	Prayers
8:30	Meditation

### Saturday, November 21

6:15	Rise
7:00-7:15	Prayers – recording and words on the screen
7:15-7:45	Meditation
7:45-8:30	Hatha – <a href="#">Diane</a>
8:30-8:50	Pranayama - <a href="#">Emilio</a>
8:50	Breakfast

**Suggestions: Contemplative Walking; Japa; Walk with mantra**

10:45-11:30	Subtle Body Practices – <a href="#">Jim, smrb</a>
11:30-12:00	Meditation
12:00	Lunch

**Suggestions: Rest, Inspirational Reading; Japa; Walk with mantra**

4:00-4:45	Hatha - <a href="#">Diane</a>
4:45-5:15	Subtle Body Practice – <a href="#">Jim, smrb</a>
5:15-6:00	Meditation

6:00 Supper

**Suggestions: Journaling; Contemplation; Walk with Mantra**

8:00-8:15 Questions and Answers on Zoom Chat

8:15-8:30 Prayers

8:30 Meditation

### **Sunday, November 22**

6:15 Rise

7:00-7:15 Prayers – recording and words on the screen

7:15-7:45 Meditation

7:45-8:30 Hatha – [Diane](#)

8:30-8:50 Pranayama - [Emilio](#)

8:50 Breakfast

**Suggestions: Contemplative Walking; Japa; Walk with mantra**

[10:30-11:15](#) Subtle Body Practices – [Jim, smrb](#)

[11:15-11:45](#) Meditation

[11:45-12:15](#) [Closing circle](#)

[12:15](#) Lunch