



THE HILLS RETREAT

Friday April 26th

Times	Event	Location
5:00pm to 6:00pm	Registration	Nioka room
6:10pm to 6:30pm	Site debriefing	Nioka room
6:30pm	Dinner	Dining room
8:00pm to 9:00pm	Introduction	Meditation room

Saturday April 27th

Times	Event	Location
7:00am to 8:00am	Breakfast	Dining room
9:00am to 10:00am	Meditation session	Meditation room
10:00am	Morning tea	Dining room
11:30am to 12:30pm	Meditation session	Meditation room
12:30pm	Lunch	Dining room
3:00pm	Afternoon tea	Dining room
4:30pm to 5:30pm	Meditation session	Meditation room
6:00pm	Dinner	Dining room
7:30pm to 8:45pm	Chanted meditation	Meditation room

Sunday April 28th

Times	Event	Location
7:00am to 8:00am	Breakfast	Dining room
9:00am to 10:00am	Meditation session	Meditation room
10:00am	Morning tea	Dining room
11:30am to 12:30pm	Meditation session and Q & A	Meditation room
12:30pm	Lunch	Dining room