

**Sample Agenda**  
**A DAY OF MINDFULNESS RETREAT**

**All times are in Pacific Time**  
**([time zone converter](#))**

- 3:00 AM Welcome
- 3:10 AM Meditation in Motion (Standing)
- 3:40 AM Meditation Practice
- 4:25 AM Bio Break
- 4:30 AM Meditation Practice
- 5:15 AM Food Meditation
- 5:50 AM Meditation in Motion (Walking)
- 6:00 AM Meditation Practice
- 6:15 AM Meditation Practice
- 7:05 AM Meditation in Motion (Standing)
- 7:30 AM Food Meditation + Bio Break
- 7:50 AM Meditation Practice
- 8:35 AM Meditation in Motion (Sitting)
- 9:00 AM Meditation Practice
- 9:45 AM Meditation in Motion (Walking) + Break
- 10:10 AM Meditation Practice
- 10:55 AM Meditation with Music
- 11:30 AM Dissolve silence and integrate small groups
- 11:40 AM Farewell