

Stillpointe Silent Retreat, August 13-17, 2025

Living in Balance in an Imbalanced World

Tuesday, August 12
 2-4 pm Early Arrivals
 5:30 pm Dinner

*LMC = Learning and
 Multimedia Center*

Please arrive at least 5
 minutes early to all
 sessions.

	WEDNESDAY 13	THURSDAY 14	FRIDAY 15	SATURDAY 16	SUNDAY 17
7:45		Optional Nature Walk (Self-Guided)	Optional Nature Walk (Self-Guided)	Optional Nature Walk (Self-Guided)	
8:45	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30-10:00		Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Departure
10:15		Session (at LMC)	Session (at LMC)	Session (at LMC)	
11:45-12:15	Meditation (Meditation Hall)	Meditation (Meditation Hall)	Meditation (Meditation Hall)	(continued)	
12:30	Lunch	Lunch	Lunch	Lunch	
1:15-3:45		Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	
4:00	Meet & Greet (LMC)	Yoga with Caroline (at LMC)	Yoga with Caroline (at LMC)	Nia Movement with Susan (at LMC)	
5:30	Dinner	Dinner	Dinner	Dinner	
6:15-7:15	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	Wellbeing Services / Open Time	
7:30	Announcements, Meditation (Meditation Hall)	7:15 TJ Orientation Stillpointe Session, Meditation (Meditation Hall)	Stillpointe Session, Meditation (Meditation Hall)	Meditation & Farewells (Meditation Hall)	
8:45		Transcendental Journey (comp)	Transcendental Journey (comp)	Transcendental Journey (elective)	