

# Stillpointe Silent Retreat, August 19-23, 2026

## Living in the Heart of Now

### Tuesday, August 18

2 – 4 pm Early Arrivals  
5:30 pm Dinner

### Wednesday, August 19

1 – 3 pm Arrivals  
4 pm Opening Session

*LMC = Learning and  
Multimedia Center*

*All meals are in the Ridge  
House Dining Room*

Please arrive at least 5  
minutes early to all  
sessions.

|             | WEDNESDAY 19                                | THURSDAY 20                    | FRIDAY 21                                        | SATURDAY 22                                                      | SUNDAY 23 |
|-------------|---------------------------------------------|--------------------------------|--------------------------------------------------|------------------------------------------------------------------|-----------|
| 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 (LMC)                  | Session (LMC)                                    | Session (LMC)                                                    |           |
| 11:45-12:15 | Meditation (Meditation Room)                | Meditation (Meditation Room)   | Meditation (Meditation Room)                     | Meditation (LMC)                                                 |           |
| 12:30       | Lunch                                       | Lunch                          | Lunch                                            | Lunch                                                            |           |
| 1:15-3:45   |                                             | Wellbeing Services / Open Time | Wellbeing Services / Open Time                   | Wellbeing Services / Open Time (till 3:10)                       |           |
| 4:00        | Opening Session (LMC)                       | Yoga with Caroline (LMC)       | Yoga with Caroline (LMC)                         | 3:30 Nia Movement with Susan (LMC)<br>4:40 Closing Session (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 Room) | Meditation (Meditation Room)   | 7:15 TJ Orientation Meditation (Meditation Room) | Meditation & Farewells (Meditation Room)                         |           |
| 8:45        |                                             | Transcendental Journey (comp)  | Transcendental Journey (comp)                    | Transcendental Journey (elective)                                |           |

We ask participants to plan to attend the full retreat, including Saturday night, so all can receive the benefit of this cohesive and carefully curated experience. Check-out is by 11:00 am on Sunday.