

Stillpointe Silent Retreat, August 19-23, 2026

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 (at LMC)	Session (at LMC)	Session (at LMC)	
11:45-12:15	Meditation (Meditation Room)	Meditation (Meditation Room)	Meditation (Meditation Room)	(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	Opening Session (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 Room)	Meditation (Meditation Room)	7:15 TJ Orientation Meditation (Meditation Room)	Meditation & Farewells (Meditation Room)	
8:45			Transcendental Journey (elective)		