

## ***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.**

	<b>WEDNESDAY 19</b>	<b>THURSDAY 20</b>	<b>FRIDAY 21</b>	<b>SATURDAY 22</b>	<b>SUNDAY 23</b>
	8:45 <b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
	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)	(continued)	
	12:30 <b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	
	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 <b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	
	6:15-7:15	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)		