

Residential Retreat Schedule

At the Retreat Center

Arriving and Departing

- On opening day, registration takes place from 2:00 – 6:00 pm. First timers: please arrive by 5:00pm.
- The retreat begins in the early evening, after registration. You are expected to participate in the entire course. It is disruptive to other retreatants if you arrive after opening day or leave a retreat early. It also places a burden on other yogis and staff with regard to work periods. IMS teachers request that you kindly observe this courtesy.

Retreat Schedule

- A typical daily schedule starts around 5:30am and ends around 10:00pm. The day is spent in silent practice with alternate periods of sitting and walking meditation, as well as a one-hour work period. Meditation instruction and talks about the Buddha's teachings are offered each day. On some retreats there is an optional daily session of mindful movement, such as yoga or qigong.
- Interviews – Individual or group interviews with the teachers take place on retreats longer than a weekend.
- Daily Service Period – An important part of the retreat experience is the voluntary daily service period of about one hour. This is an opportunity to practice mindfulness in everyday activities and helps us to offer our courses at affordable rates. If you are unable to participate in the daily service period, simply let us know when you arrive.
- On closing day, most retreats end by 11:00am, and all are welcome to stay for lunch at noon.