



IAM Retreat Schedule May 2025

Day 1

- 1:00pm-2:00pm Welcome talk and logistics
- 2:00pm-2:30pm Break
- 2:30pm-4:30pm Meditation (guiding by Dan at the beginning, then silent meditation)
- 4:30pm-6:00pm Rest/Dinner, continuous practice
- 6:00pm-6:30pm After dinner walking meditation or sitting meditation
- 6:30pm-7:00pm Self-Inquiry teachings/pointers by Dan (live teaching)
- 7:00pm-9:45pm Self inquiry dyad practice
- 9:45pm-10:00pm Short meditation
- 10:00pm Retire to bed

Days 2, 3,& 4

- 5:15am Wake-up bell/ gong
- 5:30am-7:30am Silent Meditation
- 7:30am-8:15am Rest/ shower time/ (continuous practice)
- 8:15am-8:45am Breakfast (continuous practice)
- 9:00am-12:30pm Live Teaching, Meditation of Strong Determination, Q&A (Group Process)
- 12:30pm-2:00pm Rest / Lunch (continuous practice)
- 2:00pm-2:50pm Yoga by Jason
- 3:00pm-5:00pm Meditation period
- 5:00pm-6:00pm Rest/Dinner/ shower time/ (continuous practice)
- 6:00pm-6:30pm After dinner walking meditation or sitting meditation
- 6:30 pm-7:00pm Self-Inquiry teachings/pointers by Dan
- 7:00pm-9:45pm Self-Inquiry dyads
- 9:45pm-10:00pm Short meditation
- 10:00pm Retire to bed

Day 5

5:15am	Wake-up bell/ gong
5:30am-7:30am	Silent Meditation
7:30am-8:15am	Rest/ shower time/ (continuous practice)
8:15am-8:45am	Breakfast
9:00am-12:30am	Live Teaching, Meditation of Strong Determination, Q&A (Group Process)
12:30pm-1:30pm	Rest / lunch (continuous practice)
1:30pm-2:30pm	Intro to non-dual breathing videos (prerecorded)
2:30pm-4:30pm	Meditation (with breathwork)
4:30pm-6:00pm	Rest/Dinner, shower time/ (continuous practice)
6:00pm-6:30pm	Walking meditation or sitting meditation (continuous practice)
6:30pm-7:00pm	Self-Inquiry Teaching/pointers by Dan
7:00pm-9:45pm	Self Inquiry dyads
9:45pm-10:00pm	Short meditation
10:00pm	Retire to bed

Day 6

5:15am	Wake-up bell/ gong
5:30am-7:30am	Meditation
7:30am-8:15am	Rest/ shower time/ continue contemplating
8:15am-8:45am	Breakfast
9:00am-12:30pm	Live Teaching, Meditation of Strong Determination, Q&A (Group Process)
12:30pm-2:00pm	Rest/ Lunch (continuous practice)
2:00pm-4:00pm	Breathwork
4:00pm-4:30pm	Meditation
4:30pm-6:00pm	Rest/Dinner, shower, continuous practice
6:00pm-6:30pm	After dinner walking meditation or sitting meditation
6:30pm-7:00pm	Self-Inquiry teachings/pointers by Dan (live)
7:00pm-9:45pm	Self Inquiry dyads
9:45pm-10:00pm	Short Meditation
10:00pm	Retire to bed

Day 7

5:15am Wake-up bell/ gong

5:30am-7:30am Meditation

7:30am-8:15am Rest/ shower time/ continue contemplating

8:15am-8:45am Breakfast

9:00am-11:00am Closing Talk, integration plan