

Self Inquiry Intensive Schedule - 2026

Day 1

11:00AM-1:00PM Take some time to relax before the retreat starts. Take time to just “be”.

1:00PM-2:15 Logistics, Intro talk

2:15 - 5:55PM (introduction to the technique) Self Inquiry Exercise - Dyads

6:00 -6:40PM Dinner

6:45 - 8:10PM Self Inquiry Exercise - Dyads

8:15 - 8:45PM Silent sitting meditation

8:45 - 10:30 PM Self Inquiry Exercise - Dyads

10:30 - 6:00 Sleeping Inquiry

Day 2

6:00 - 6:15AM Arise and dress

6:15 - 6:55AM Self Inquiry Exercise - Dyads

7:00 - 7:25AM Tea and short break, stretching

7:30 - 8:10AM Self Inquiry Exercise - Dyads

8:15 - 8:45AM Breakfast

8:45 - 10:10AM Self Inquiry Exercise - Dyads

10:15-10:45AM Silent sitting meditation

10:45-11:55AM Self Inquiry Exercise - Dyads

12:00-12:40PM Lunch

12:45-1:25PM Self Inquiry Exercise - Dyad

1:30 -2:10PM Talk by the Facilitator

2:15 - 2:45PM Silent sitting meditation

2:45 - 4:10PM Self Inquiry Exercise - Dyads

4:15 - 4:25PM Tea & Snack

4:30 - 5:10PM Rest

5:15 - 5:55PM Self Inquiry Exercise - Dyads

6:00 - 6:40PM Dinner

6:45 - 8:10PM Self Inquiry Exercise - Dyads

8:15 - 8:45PM Silent sitting meditation

8:45 - 10:30 PM Self Inquiry Exercise - Dyads

10:30 - 6:00 Sleeping Inquiry

Day 3

6:00 - 6:15AM Arise and dress

6:15 - 6:55AM Self Inquiry Exercise - Dyads

7:00 - 7:10AM Stretching

7:15 - 7:25AM Tea and short break

7:30 - 8:10AM Self Inquiry Exercise - Dyads

8:15 - 8:40AM Breakfast

8:45 - 10:10AM Self Inquiry Exercise - Dyads

10:15 - 10:45AM Silent sitting meditation

10:45 - 11:55AM Self Inquiry Exercise - Dyads

12:00 - 12:40 PM Lunch

12:45 - 2:00 PM Closing Meeting, Integration talk