

Sample Retreat Program

Remember: Every program is different. This is only an example.

Reflection

Friday

- 5:00 p.m. Arrival: Explore & Settle In
- 7:00 p.m. Delicious Dinner
- 8:00 p.m. Relaxation, Quieting the Mind
- 8:30 p.m. "Icebreakers" and Introductions
- 9:00 p.m. Introduction To Zikr, Chanting
Visualization & Prayer

Saturday

- 7:00 a.m. Movazeneh® (Slow motion movement)
- 8:00 a.m. Yummy Breakfast
- 8:30 a.m. Walking Concentration
- 9:00 a.m. Reflecting: Nature
- 11:00 a.m. Exploring Electromagnetics
- 12:15 a.m. Meditation
- 12:30 p.m. Delectable Lunch
- 1:30 p.m. Reflecting: Self Expression
- 4:30 p.m. Breathing Exercises
- 7:00 p.m. Scrumptious Dinner
- 8:00 p.m. Quieting the Mind
Zikr (Remembrance)
- 9:00 p.m. Visualization & Prayer

Sunday

- 7:00 a.m. Movazeneh®
- 8:00 a.m. A Hearty Breakfast
- 8:30 a.m. Walking Concentration
- 9:00 a.m. Sharing Circle
- 10:00 a.m. Closing Circle
- 10:30 a.m. Retreat Ends

Attendees who wish to do so may visit the Memorial Building for Molana Hazrat Shah Maghsoud Sadegh Angha in Novato. It is a beautiful example of traditional Sufi architecture, art and craftwork. Doors are open until 12:00 noon.