

Mindfulness Retreat Schedule Mercy Center Burlingame February 10 - 12, 2012

Our sessions are in the Cypress Room, on the 1st floor across from the elevator.

All our meals will be in the Willow Dining Room on the 1st floor.

Friday February 10

3:00 pm 6:00 pm Arrival
6:00 pm Dinner
7:00 pm Orientation: Retreat begins
8:30 pm Closing

Saturday, February 11

6:45 am Morning Meditation
7:30 am Breakfast
8:45 am Gather
12:00 noon Lunch and Contemplative Free Time
3:00 pm Gather
5:30 pm Contemplative Free Time
6:00 pm Dinner
7:00 pm Gather
8:30 pm Closing

Sunday February 12

6:45 am Morning Meditation
7:30 am Breakfast
8:45 am Gather
11:00 am Depart

