

LAW OF ONE CONTEMPLATIVE RETREAT

MAY 15–18, 2025

Thursday, May 15		
3:00 – 5:00	Doors Open & Check-In	
5:00 – 5:50	Welcome and Introductions	
5:50 – 6:00	10-minute pre-dinner break	
6:00 – 7:00	Dinner	
7:00 – 8:00	Round Robin & Mindful Relating Games	
8:00 – 8:30	Philosophy of Meditation	
8:30 – 8:45	Group Silent Meditation	
Friday, May 16		
8:00 – 8:50	Breakfast & Morning Caffeination	
8:50 – 9:00	10-minute mindfulness transition	
9:00 – 10:30	Check-In & Marketplace 1	
10:30 – 10:40	10-minute mindfulness transition	
10:40 – 10:50	Meditation Guidance	
10:50 – 11:50	Group Meditation Practice	
11:50 – 12:00	10-minute pre-lunch break	
12:00 – 2:30	Lunch	
2:30 – 3:55	Open Space 1	85-minute session
3:55 – 4:10	15-minute mindfulness transition	
4:10 – 5:35	Open Space 2	85-minute session
5:35 – 6:00	25-minutes pre-dinner break	
6:00 – 7:00	Dinner	
7:00 – 7:45	Optional: Group Meditation Discussion	
7:45 - ?	Optional: Group Meditation Practice	
Saturday, May 17		
8:00 – 8:50	Breakfast & Morning Caffeination	
8:50 – 9:00	10-minute mindfulness transition	
9:00 – 9:45	Check-In & Marketplace 2	

9:45 – 10:00	15-minute mindfulness transition	
10:00 – 10:10	Meditation Guidance	
10:10 – 11:10	Group Meditation Practice	
11:10 – 12:00	50-minute pre-lunch break	
12:00 – 1:30	Lunch	
1:30 – 2:55	Open Space 3	85-minute session
2:55 – 3:10	15-minute mindfulness transition	
3:10 – 4:35	Open Space 4	85-minute session
4:35 – 4:50	15-minute mindfulness transition	
4:50 – 5:50	Open Space 5	60-minute session
5:50 – 6:00	10-minute pre-dinner break	
6:00 – 7:00	Dinner	
7:00 – 7:45	Optional: Group Meditation Discussion	
7:45 – ?	Optional: Group Meditation Practice	
Sunday, May 18		
8:00 – 8:50	Breakfast & Morning Caffeination	
8:50 – 9:00	10-minute mindfulness transition	
9:00 – 9:45	Check-In & Marketplace 3	
9:45 – 10:00	15-minute mindfulness transition	
10:00 – 10:10	Meditation Guidance	
10:10 – 11:10	Group Meditation Practice	
11:10 – 12:00	50-minute pre-lunch break	
12:00 – 1:00	Lunch	
1:00 – 2:25	Open Space 6	85-minute session
2:25 – 2:40	15-minute mindfulness transition	
2:40 – 4:05	Open Space 7	85-minute session
4:05 – 4:20	15-minute mindfulness transition	
4:20 – 4:30	Group Tuning	
4:30 – 5:50	Law of One Channeling Meditation	
5:50 – 6:00	10-minute pre-dinner break	
6:00 – 7:00	Dinner	
7:00 – 8:00	Going Home Prayer Circle Gaia Healing Visualization	