



Coming Home (To You) Meditation Retreat Schedule

Location: The Pallas Sedona, Arizona & Global Livestream

Friday, March 8

Sunset: 6:29pm

9:00am - 12:00pm Class
12:00pm - 2:00pm Lunch Break
2:00pm - 5:00pm Class
5:00pm - 7:30pm Dinner Break
7:30pm - 8:30pm Class

Saturday, March 9

Sunrise: 6:45am, Sunset: 6:30pm

5:45am - 7:30am Sadhana on the Rocks
9:30am - 12:00pm Class * may start later depending on Sadhana
12:00pm - 2:00pm Lunch Break
2:00pm - 5:00pm Class
5:00pm - 7:30pm Dinner Break
7:30pm - 8:30pm Class

Sunday, March 10

Sunrise: 6:44am, Sunset 6:31pm

New Moon - 20 Degrees Pisces

5:45am - 7:30am Sadhana on the Rocks
9:30am - 12:00pm Class * may start later depending on Sadhana
12:00pm - 2:00pm Lunch Break
2:00pm - 5:00pm Class
5:00pm - 7:30pm Dinner Break
7:30pm - 8:30pm Class

Disclaimer: Subject to change

*Sadhana on the Rocks is an optional complimentary community offering and is NOT part of the official program. You are welcome to join!