

MEDITATION • AYURVEDA • YOGA
A GUIDED JOURNEY INWARD

The Signature Silent Retreat

A 3.5-day immersion in attention, awareness & Ayurvedic restoration

YOGA
MEDITATION SESSION
AYURVEDIC THERAPY / SPA
TASKS & ASSIGNMENTS
SATSANG
DINING
REST / PERSONAL
CLOSE OF DAY

TIME	THURSDAY <i>Arrival</i>	FRIDAY <i>Day One</i>	SATURDAY <i>Day Two</i>	SUNDAY <i>Departure</i>
5:00 AM	Guests arrive through the afternoon	Yoga	Yoga	Yoga
5:30 AM				
6:00 AM		Personal Time	Personal Time	Personal Time
6:30 AM		Session 3 Deepening Awareness	Session 8 Sacred Flow	Session 12 I AM
7:00 AM				
7:30 AM				
8:00 AM		Ayurvedic Therapy / Breakfast	Ayurvedic Therapy / Breakfast	Ayurvedic Therapy / Breakfast
8:30 AM				
9:00 AM				
9:30 AM		Session 4 Focussed Awareness	T&A-3 Personality-Traits-Temperament Assessment	Synthesis & Recommendations - Personalized
10:00 AM				
10:30 AM				
11:00 AM		Ayurvedic Therapy / Personal Time	Session 9 Pierce & Penetrate	
11:30 AM				Return to Digital Devices / Valuables
12:00 PM		T&A-2 Personal Values Inventory	Personal Time	Conclusions - Resolutions
12:30 PM				
1:00 PM		Lunch - Rest	Lunch - Rest	Lunch - Rest
1:30 PM				
2:00 PM		Session 5 Vigilant Attention	Session 10 Shedding Sheaths	
2:30 PM				
3:00 PM	Orientation / Settling-In	Personal Time / Spa	Personal Time / Spa	Depart / Continue Stay
3:30 PM		High Tea / Spa / Personal Time	High Tea / Spa / Personal Time	
4:00 PM				
4:30 PM		SS-1 Intro Talk & Instructions	T&A-4 Neuro-Transmitter Assessment	
5:00 PM		Session 1 Crossing the Threshold		
5:30 PM				
6:00 PM		T&A-1 HAP Goals / Setting Intentions	Ayurvedic Therapy / Personal Time	
6:30 PM				
7:00 PM		Dinner	Dinner	
7:30 PM				
8:00 PM	SS-2 Paradox of Psychology	SS-3 Biases and Prejudices	SS-4 Limitations	
8:30 PM				
9:00 PM		Session 2 Building Awareness	Session 11 Energy Balance	
9:30 PM				
10:00 PM	Retire – Lights Out / 1:1	Retire – Lights Out / 1:1	Retire – Lights Out / 1:1	

T&A – Tasks & Assignments HAP Goals – Highly Achievable Personal Goals Sessions – Layered & Guided Meditation SS – Satsang, Lectures & Q&A

Yoga opens each full day 5:00–6:00 AM · Ayurvedic therapy is personalised within the marked windows · The programme is observed in silence unless otherwise guided · Schedule is subject to change.