

# What Happens At A Silent Meditation Retreat?

**A silent meditation retreat is a chance to reset, unplug, and clear your mind.** You'll also get dozens of hours of meditation practice. Here's what to expect.



## What to Expect

- Meditation sessions are typically 1-2 hours
- The day starts early
- Meditation is like a full-time job
- If there's food provided, it'll likely be vegetarian or vegan
- You may be asked to put your phone away for the full retreat
- Even if you're on a silent retreat, you'll probably be able to speak with teachers

## Schedule

- **Pre-dawn:** Wake up as early as early as 4am for your first meditation session
- **Morning:** Light breakfast and second meditation
- **Lunch:** Vegetarian meal
- **Rest**
- **Afternoon:** Two meditation sessions
- **Tea break:** Tea + fruit
- **Evening:** Two meditation sessions
- **Office hours:** time to ask the teacher any questions
- **Lights out by 9:30**