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**