



## The Inayati Order Six Activities Mustang Island Retreat 2020

### Daily Schedule

<b>6:30-7:30</b>	Sunrise Meditation w/ Bawa (Beach)
<b>7:30-7:40</b>	Initiations (Beach) <ul style="list-style-type: none"><li>▪ Hermione Garland (Fri)</li><li>▪ Amida Cary (Sat)</li><li>▪ Daania Kester (Sun)</li><li>▪ Mehrbakhsh Grede (Mon)</li><li>▪ Amira Kardish (Tue)</li></ul>
<b>8:00-9:00</b>	Breakfast (Dining Room)
<b>9:00-10:15</b>	Bawa (Retreat Space)
<b>10:15-10:45</b>	Break
<b>10:45-12:00</b>	Bawa (Retreat Space)
<b>12:00-1:00</b>	Lunch
<b>1:00-3:00</b>	Rest & Integration
<b>3:00-3:15</b>	Attunements (Retreat Space) <ul style="list-style-type: none"><li>▪ Naima – Esoteric School (Fri)</li><li>▪ Rabia – Kinship (Sat)</li><li>▪ Suhrawardi – Knighthood (Sun)</li><li>▪ Devi – Healing (Mon)</li><li>▪ Amina – Universal Worship (Tue)</li></ul>
<b>3:15-4:30</b>	Bawa (Retreat Space)
<b>4:30-5:00</b>	Break
<b>5:00-6:00</b>	Bawa (Retreat Space)
<b>6:00-7:00</b>	Dinner
<b>7:30-9:00</b>	Evening Program (Retreat Space) <ul style="list-style-type: none"><li>▪ Amida &amp; Suhrawardi (Fri – Valentine’s Day)</li><li>▪ Yaqin &amp; Batina (Sat)</li><li>▪ Devi &amp; Jamila (Sun)</li><li>▪ Free Evening (Mon – Presidents’ Day)</li><li>▪ Jamiat Khas Meeting (Tues)</li></ul>

*We will begin Feb 13 w dinner at 6 and end Feb 19 w lunch served at noon. Silence begins Thursday, Feb 13 at bedtime and ends Tuesday, February 18 at the beginning of dinner. There will be a Jamiat Khas Meeting Tuesday night, open to all retreat participants. To help hold the retreat attunement, we ask that all mobile phones and screens be left in your room and not used within the retreat spaces, dining room, or on the beach. ( Staff will have phones hidden, yet used for texting one another.) Any questions may go into the bronze bowl. ♥*