

Sample Silent Retreat Plan

A sample silent retreat plan might look like the following:

Morning

- ✓ Set goals and ask for guidance for your time
- ✓ Morning meal
- ✓ Take a walk (consider finding a bench or picnic table to stop and journal along the way)
- ✓ Time in the Word

Afternoon

- ✓ Mid-day meal
- ✓ Guided meditation
- ✓ Music, lifting, and journaling
- ✓ Hot tea outside with a book
- ✓ Take a drive and explore where you are in silence
- ✓ Holy Yoga

Evening

- ✓ Evening Meal
- ✓ Wind down with something you enjoy—reading, a puzzle, a favorite movie, etc.