

ZEN IN THE ART OF WRITING

MEDITATION & WRITING RETREAT WITH SEAN MURPHY & TANIA CASSELLE

RETREAT ITINERARY

Days	Activity
MARCH 18: Arrival Day	
4:00 PM – 6:30 PM	Arrival and check-in
7:30 PM – 9:00 PM	Welcome Reception with Sean Murphy & Tania Casselle
MARCH 19 & 20	
7:00 AM – 10:30 AM	Breakfast on your own (included)
7:30 AM – 8:30 AM	Morning yoga session (optional)
8:30 AM – 9:00 AM	Meditation with Sean Murphy
10:30 AM – 12:30 PM	Morning session with Sean Murphy & Tania Casselle
12:30 PM – 3:00 PM	Free time, lunch on your own (included)
3:00 PM – 6:00 PM	Afternoon session with Sean Murphy & Tania Casselle
6:00 PM – 6:30 PM	Meditation with Sean Murphy
6:30 PM onwards	Dinner on your own (included)
MARCH 21	
7:00 AM – 10:30 AM	Breakfast on your own (included)
7:30 AM – 8:30 AM	Morning yoga session (optional)
8:30 AM – 9:00 AM	Meditation with Sean Murphy
10:30 AM – 12:30 PM	Morning session with Sean Murphy & Tania Casselle
12:30 PM – 4:00 PM	Free time, lunch on your own (included)
4:00 PM – 6:00 PM	Afternoon session with Sean Murphy & Tania Casselle
6:00 PM – 6:30 PM	Meditation with Sean Murphy
6:30 PM – 7:30 PM	Relaxation time, getting ready for dinner
7:30 PM – 9:30 PM	Group Dinner and informal Q&A's with Sean Murphy and Tania Casselle (included)
MARCH 22: Departure Day	
7:00 AM – 10:00 AM	Breakfast on your own (included)
7:30 AM – 8:30 AM	Morning yoga session (optional)
8:30 AM – 9:00 AM	Meditation with Sean Murphy
10:00 AM – 11:30 PM	Farewell session with Sean Murphy & Tania Casselle
12:00 PM	Check-out