

A New Man Retreat Sample Schedule

Friday

3-5pm - Arrival
6pm- Opening Circle/Orientation
7pm - Embodiment Exercise
7:30pm - Dinner
8:30pm - Masculinity of the New Paradigm
9:30pm Short Meditation

Saturday

7am - Wake up call
7:30am - Yoga
8:30am - Meditation
9:00am - Breakfast
10am - Relation to Inner and Outer Nature: discussion and outdoor exercise
12pm - Lunch/Free Time
3pm - River Cold Plunge and Sauna
6pm - Nature as Teacher
7pm - Meditation
7:30pm Dinner
8:30pm - Ancestor Journey

Sunday

7am - Wake up call
7:30am - Meditation
8:30am - Breakfast
9:00am - Closing Circle