

**SOUL FIRE – Enlightened Experience Retreat: Thurs 7/25-Mon 7/29**

|                    |  |                                   |                       |
|--------------------|--|-----------------------------------|-----------------------|
| <b>THUR</b>        |  |                                   |                       |
| 4:30-6:00          | <b>Welcome &amp; Overview of the "Soul Fire" Retreat</b>               | <b>Lama Marut &amp; Cindy Lee</b> | Bodhi Hall            |
| 6:00-7:00          | Dinner   |                                   | Conscious Cafe        |
| 7:15-7:30          | Kirtan   |                                   | Bodhi Hall            |
| <b>7:30-9:00</b>   | <b>Master Class 1 -<br/>Living Soulfully and Authentically</b>         | <b>Lama Marut</b>                 | <b>Bodhi Hall</b>     |
| <b>FRI</b>         |  |                                   |                       |
| 7:30-8:15          | Meditation   |                                   | Bodhi Hall            |
| 8:30-9:45          | Yoga   |                                   | Bodhi Hall            |
| 10:00-10:45        | BRUNCH   |                                   | Conscious Cafe        |
| <b>11:00-12:30</b> | <b>Master Class 2 -<br/>Sublime Continuum: Refuge in Buddha Nature</b> | <b>Cindy Lee</b>                  | <b>Bodhi Hall</b>     |
|                    | Enlightened Activity – Mardi Gras Masks                                | Carrie Hood                       | TBA                   |
|                    | Enlightened Activity – Poetry in Motion: Horse Riding                  | Tiffany Shaw                      | TBA                   |
| 4:30-6:00          | <i>Band Practice</i>   |                                   | <i>Conscious Cafe</i> |
| 6:00-7:00          | DINNER   |                                   | Conscious Cafe        |
| 7:15-7:30          | Kirtan   |                                   | Bodhi Hall            |
| <b>7:30-9:00</b>   | <b>Master Class 3 –<br/>Soul on Fire: The Qualities of Awakening</b>   | <b>Lama Marut</b>                 | <b>Bodhi Hall</b>     |
| 9:30-11:00         | The Mystic Machine   |                                   | Conscious Cafe        |

|               |  |                                       |                       |
|---------------|--|---------------------------------------|-----------------------|
| <b>SAT</b>    |  |                                       |                       |
| 7:30-8:15     | Meditation   |                                       | Bodhi Hall            |
| 8:30-9:45     | Yoga   |                                       | Bodhi Hall            |
| 10:00-10:45   | BRUNCH   |                                       | Conscious Cafe        |
| 11:00-12:30   | <b>Master Class 4 -<br/>Radiating Out to the World: The Paradigmatic Acts of<br/>the Buddha</b>      | <b>Lama Marut</b>                     | <b>Bodhi Hall</b>     |
| 1:30-5:00     | Enlightened Activity – Soul Surfing  | Kris                                  | Beach                 |
|               | Enlightened Activity - Greek Mythology   | Holger                                | Bodhi Hall            |
| 4:30-6:00     | <i>Band Practice</i>   |                                       | <i>Conscious Cafe</i> |
| 6:00-7:00     | DINNER   |                                       | Conscious Cafe        |
| 7:15-7:30     | Kirtan   |                                       | Bodhi Hall            |
| 7:30-9:00     | <b>Master Class 5 - The Fire Rages: The Powers of the<br/>Buddha</b>                                 | <b>Lama Marut</b>                     | <b>Bodhi Hall</b>     |
| 9:30-11:00    | The Mystic Machine   |                                       | Conscious Cafe        |
| <b>SUNDAY</b> |  |                                       |                       |
| 7:30-8:15     | Meditation   |                                       | Bodhi Hall            |
| 8:30-9:45     | Yoga   |                                       | Bodhi Hall            |
| 10:00-10:45   | BRUNCH   |                                       | Conscious Cafe        |
| 11:00-12:30   | <b>Master class 6 - Spontaneous Ignition: The Ongoing<br/>and Uncontrived Activity of the Buddha</b> | <b>Lama Marut &amp;<br/>Cindy Lee</b> | <b>Bodhi Hall</b>     |
|               | Enlightened Activity - Mindful Hike  | TBA                                   | Forest                |

|               |   |                        |                       |
|---------------|---|------------------------|-----------------------|
|               | Enlightened Activity – Retreat Insights         | Tammy and Morgan       | Bodhi Hall            |
| 4:30-6:00     | <i>Band Practice</i>                            |                        | <i>Conscious Cafe</i> |
| 6:00-7:00     | DINNER  |                        | Conscious Cafe        |
| 7:15-9:15     | Final Gathering – “The Very Soul of Compassion” | Cindy Lee              | Bodhi Hall            |
| 9:30-11:00    | The Mystic Machine                              |                        | Conscious Cafe        |
| <b>MONDAY</b> |   |                        |                       |
| 8:00-8:45     | Breakfast                                       |                        | Conscious Cafe        |
| 9:00-10:30    | Q & A and discussion                            | Lama Marut & Cindy Lee | Bodhi Hall            |
|               |   |                        |                       |