



Year 1:
The Personal Spiritual Journey:
Your Unique Self

December 30th 2009 - January 3rd 2010
Pacific Grove, California | Asilomar

Subject to Change: Updated 10-09

Wednesday, December 30th

3:00 - 6:00pm	Registration
6:00 - 7:00	Dinner
7:30	Welcome
	Kirtan with Krishna Das

Thursday, December 31st

6:30 - 7:30am	Morning Practice
7:30 - 8:30	Breakfast
8:30 - 9:00	Break and Transition
9:00 - 12:00pm	Unique Self Process
12:00 - 1:00	Lunch
1:00 - 2:00	Personal Time
2:00 - 4:30	Unique Self Process
4:30 - 4:45	Transition
4:45 - 5:45	Afternoon Practice
5:45 - 6:00	Transition
6:00 - 7:00	Dinner
7:00 - 7:30	Break and Transition
7:30	Keynote Address: Marc Gafni
	Evening Devotional Practice

Friday, January 1st

6:30 - 7:30am	Morning Practice
7:30 - 8:30	Breakfast
8:30 - 9:00	Break and Transition
9:00 - 12:00pm	Unique Self Process
12:00 - 1:00	Lunch
1:00 - 2:00	Personal Time
2:00 - 4:30	Keynote Address: Ken Wilber (via videoconference)
	Keynote Address: Diane Musho Hamilton

4:30 - 4:45	Transition
4:45 - 5:45	Afternoon Practice
5:45 - 6:00	Transition
6:00 - 7:00	Dinner
7:00 - 7:30	Break and Transition
7:30	Keynote Address: Lama Surya Das Evening Devotional Practice

Saturday, January 2nd

6:30 - 7:30am	Morning Practice
7:30 - 8:30	Breakfast
8:30 - 9:00	Break and Transition
9:00 - 12:00pm	Unique Self Process
12:00 - 1:00	Lunch
1:00 - 2:00	Personal Time
2:00 - 4:30	Unique Self Process
4:30 - 4:45	Transition
4:45 - 5:45	Afternoon Practice
5:45 - 6:00	Transition
6:00 - 7:00	Dinner
7:00 - 7:30	Break and Transition
7:30	Keynote Address: Jean Houston Integral Celebration

Sunday, January 3rd

6:30 - 7:30am	Morning Practice
7:30 - 8:30	Breakfast
8:30 - 9:00	Break and Transition
9:00 - 12:00pm	Unique Self Process
12:00 - 1:00	Lunch
1:00 - 3:00	Closing Ceremony

Schedule Highlights:

- Experience Circles – Intimate groups of 10 will be formed at the outset of the event and maintained throughout the week. They will meet at breakfast and at the end of the day to offer support, set intentions and integrate experiences. This will include the art and practice of Sacred Conversation.
- Morning and Afternoon Practice breakout tracks to include yoga, strength training, meditation, prayer, chanting, 3 Body Workout, Integral Coaching, breath and energy work, nature mysticism and more.
- “TED style” micro talks during lunch.

- Integral Celebration on our last evening with dj performances and lots of dancing!
- Devotional kirtan and celebration each evening.
- Plenty of time to enjoy the gorgeousness of the Pacific Coast and connect with others.
- An entirely new cutting edge 8 Station Unique Self Process