

## ***Breathe, Spring 2020***

Tuesday, March 3, 2020

The Society of Saint John the Evangelist

Cambridge, MA

Parking available at University Place Garage, 45 University Rd. Cambridge, MA 02138

### **Tentative Schedule**

9 a.m.	Arrive at Saint John the Evangelist Guesthouse 980 Memorial Drive, Cambridge
9 - 9:30 a.m.	Breakfast
9:30 - 10 a.m.	Overview of the day
10 - 11:15 a.m.	Personal time
11:15 a.m. - 12:15 p.m.	Silent Activity (optional)
12:30-12:55 p.m.	None Prayer with the Monastic community
12:55 - 1:30 p.m.	Silent lunch with the Monastic community
1:30 - 3:30 p.m.	Personal time
3:30 - 4 p.m.	Final group reflection
4 p.m.	Program concludes