



Academia de Formación Espiritual®

EL ALPOSENTO ALTO

*The Spirituality of Resilience within the Hispanic and Latinx Community:
An Online Offering for Spanish-speakers from The Academy for Spiritual Formation*

-SCHEDULE OF THE DAY FOR SESSIONS-

(All times are listed in Central Time. Adjust accordingly for your location.)

9 am	Morning Prayer
9:30	Interactive Faculty Presentation 1
10:15	Silence for Reflection
11:00	Interactive Faculty Presentation 2
11:45	Break
12:00 pm	Plenary Group Sharing
12:30	Midday Prayer with Eucharist
1:15	Sign off

Remaining schedule of the day is optional but highly encouraged

1:15 - 5:30	Personal retreat time offline - silence, rest, exercise, prayer, self-care, etc.
5:30	Recorded Evening Prayer
6:00	Dinner and leisure
8:00 - 9:00	Suggested time for covenant group

Covenant groups are asked to self-organize and meet for one hour a minimum of 3 times between sessions (it is recommended that the first meeting happens on the day of the session if all group members are available)

9:00	Recorded Night Prayer (alone or with Covenant Group)
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