



The Academy

for spiritual formation®

SAMPLE DAY APART SCHEDULE

(Specific times could vary slightly, but the general order will remain the same.)

(All times are listed in Central Time. Convert for your location [here.](#))

9:00 am	Words of Welcome and Orientation
9:30	Morning Prayer
10:00	Interactive Learning with Faculty
10:45	Silence/Reflection
11:30	Group Plenary/Sharing
12:00 pm	Midday Prayer
12:15	Lunch/Free Time (optional body movement practice available)
1:45	Interactive Learning with Faculty
2:30	Silence/Reflection
3:15	Group Plenary/Sharing
3:45	Break
4:00	Evening Prayer
4:30	Depart in Peace