

Seattle Sikh Retreat 2010

Schedule

Friday

3.30 - 10.00pm: Registration Opens and Participant Arrival
5.00 - 6.15pm: Dinner
6.15 - 6.30pm: Wash up for Diwan (find your cabin)
6.40 - 7.45pm: Evening Diwan
7.45 - 10.15pm: Introduction/Ice Breakers

Saturday

5.30am: Official Wake up
5.30 - 6.30am: (Optional) Simran / Khalsa Run
6.30 - 8.00am: Morning Diwan
8.00 - 8.40am: Breakfast
9.00 - 10.15am: 'Guru Nanak's Universe' – A presentation with Sutinder Singh [Darbar]
10.15 - 10.30am: Break
10.30 - 11.45 pm: The Five Vices- A SikhRI workshop (1 of 3) [Hall]
12.00 - 1.00pm: Lunch/ Sikh Skit Break down
1.00 – 1.30pm: Sikh Skit Skills Practice/Reflection
1.30 – 3.00pm: Challenge Course
3.00 - 6.00pm: Open Recreation and Free Time

- § Giant Swing- Sign Up for Time slot
- § 3pm- Capture the Flag [Field]
- § 4pm- Volleyball/Basketball [Sports Courts]
- § Climbing Tower; Boating
- § Archery; Arts & Crafts

6.00 - 7.00pm: Dinner
7.00 - 9.00pm: Evening Diwan
9.00 - 10.30pm: Open Mic / Competition/ Snacks [Campfire]

Sunday

5.30am: Official Wake up
5.30 - 6.30am: (Optional) Simran / Khalsa Run
6.30 - 8.00am: Morning Diwan
8.00 - 8.40am: Breakfast
9.00 - 10.15am: The Five Vices- A SikhRI workshop (2 of 3) [Hall]
10.15 - 10.30am: Break Time
10.30 - 11.45pm: The Five Vices- A SikhRI workshop (3 of 3) [Hall]
12.00 - 1.00pm: Lunch
1.00 - 1.30pm: Sikh Skit Skills
1.30 - 3.00pm: A presentation with Rajdeep Singh of Sikh Coalition [Pavillion]
3.00 - 6.00pm: Open Recreation and Free Time

- § Giant Swing- Sign Up for Time slot
- § 3pm- Flag Football or Ultimate [Field]
- § 4pm- Soccer [Field] Hockey [Sports Court]
- § Boating; Archery; Arts & Crafts

6.00 - 7.00pm: Dinner
7.00 - 9.00pm: Evening Diwan
9.00 - 10.30pm: Skit Skills Performance!

Monday

5.30am: Official Wake up
5.30 - 6.30am: (Optional) Simran / Khalsa Run
6.30 - 8.00am: Morning Diwan
8.00 - 9.30am: Breakfast and Pack
9.30 - 11.00am: Open Q & A session With our esteemed speakers [Campfire or Pavillion]
11.00 - 11.30am: Closing
11.30am: Snacks, Retreat Cleanup, and Depart Retreat!