

## Rev. WonGong's Retreat Schedule

(Sunday 4 PM, Nov. 8<sup>th</sup>- Wednesday 12 noon, Nov. 11<sup>th</sup>)

### Sunday

4 -5:15 pm: Introduction, qigong & energetic dance meditation

Reflecting on my Home Practice

(What are the challenges? What are the blessings? What works well?)

5:15-7 pm: Dinner & home meditation

7-8:30 pm: Evening meditation

### Monday

7-8 am: Morning meditation

8-10 am: Breakfast & personal practice

10-12 noon: Dharma discourse & guided meditation (DahnJon abiding, walking, and sitting)

12-2pm: Lunch and mindful break (1-2 pm: Group Q & A—optional)

2-3 pm: SaKyong Contemplation

3-4 PM: Decluttering Meditation

4-5 pm: Meditation in Samadhi

5-7 pm: supper & rest

7-8:30: journaling & evening meditation

### Tuesday

7-8 am: Morning meditation

8-10 am: Breakfast & housekeeping

10-12 noon: Dharma discourse & guided meditation (DahnJon abiding, lying down, and sitting)

12-2pm: Lunch and mindful break (1-2 pm: Group Q & A—optional)

2-3 pm: Bowing & chanting meditation

3-4 PM: More decluttering Meditation!

4-5 pm: Meditation in Samadhi

5-7:20 pm: Supper & personal practice

7:20-8:30 Community meditation

### Wednesday

7-8 am: Morning meditation

8-10 am: Breakfast—mindful eating & cleanup

10-12 noon: Meditation & closing ceremony

*This program is subject to change according to the size and needs of the group.*

*The yellow highlighted parts are personal practice time around mealtime with computer off.*

