

Southern Dharma Retreat Center: Retreat Schedule
Mudita: Restoring Faith in Our Humanity
DaeJa Napier: August 7-9, 2020

All times are Eastern Daylight Time

** Indicates a Zoom session*

Friday

- *6:30 - 7:00 pm Welcome & orientation with SDRC staff
- *7:00 - 8:30 pm Opening Dharma Talk and Practice

Saturday

- *8:00 - 8:45 Sit
- 8:45 - 10:00 In-home practice time: grounding our practice at home
- *10:00 - 11:30 Instructions and practice
- 11:30 - 1:00 In-home practice time: grounding our practice at home
- *1:00 - 2:30 Practice in Noble Silence followed by discussion about grounding our practice at home
- 2:30 - 4:00 In-home practice time: grounding our practice at home
- *4:00 - 4:45 Optional Discussion Group or In-home practice time
- 4:45 - 6:45 In-home practice time: grounding our practice at home
- *6:45 - 7:30 Sit
- *7:30 - 8:30 Dharma Talk

Sunday

- *8:00 - 8:45 Sit
- 8:45 - 10:00 In-home practice time: grounding our practice at home
- *10:00 - 12:00 Closing Session