

Buddhist Practice and Transforming Racism Inside and Outside: A Retreat for White People

An At Home Meditation Retreat with Donald Rothberg

*All times are for **Eastern** time zone*

(*Indicates online activity)

Tuesday, April 27th

- * 4:30 – 5:45pm organizing meeting on practical and technical matters. This session is required for all retreatants. Optional time to meet other retreatants starting at 5:30.
- 5:45 – 7:00 home based practice
- * 7:00 – 7:25 sitting meditation
- * 7:25 – 7:30 break (stretch/body care, Zoom room will remain open)
- * 7:30 – 8:30 evening talk and discussion
- 8:30 – 9:00 home practice: possible sequence of walking meditation or yoga or other movement practice, sitting meditation, and walking meditation, some work around the house or other work, possibly some talking
- * 9:00 – 9:30 sitting meditation
- 9:30 rest or further home practice

Wednesday to Saturday, April 28th – May 1st

- * 7:00 – 7:30 a.m. sitting meditation with practice leader
- 7:30 – 9:00 personal time/home practice (see description above)
- * 9:00 – 9:45 qigong and sitting meditation
- 9:45 – 11:00 personal time/home practice
- * 11:00 – 12:30 p.m. Session 1: sitting meditation, short presentation, exercises, discussion
- 12:30 – 2:00 personal time/home practice
- * 12:45 – 1:30 small group practice discussions for some (Wednesday through Saturday)
- * 2:00 – 3:30 Session 2: sitting meditation, short presentation, exercises, discussion
- 3:30 – 5:30 personal time/home practice
- * 4:45 – 5:30 sitting meditation with practice leader
- * 4:45 – 5:30 small group practice discussions for some (Wednesday through Friday)
- * 4:45 – 5:30 *Saturday: closing announcements, all please attend*
- 5:30 – 7:00 personal time/home practice
- * 7:00 – 7:25 sitting meditation
- * 7:25 – 7:30 break (stretch/body care, Zoom room will remain open)
- * 7:30 – 8:30 evening talk and discussion
- 8:30 – 9:00 personal time/home practice
- * 9:00 – 9:30 sitting meditation and chanting
- 9:30 rest or further home practice.

Sunday, May 2nd

- * 7:00 – 7:30 a.m. sitting meditation with practice leader
- 7:30 – 9:00 personal time/home practice
- * 9:00 – 9:45 qigong and sitting meditation
- 9:45 – 11:00 personal time/home practice
- * 11:00 – 12:45 p.m. closing session
- 12:45 end of retreat.