

**Tending Your Garden and Your Precious Heart — At Home Retreat Schedule**  
May 13 - 16, 2021

*(all times are Eastern Time)*

\* = Zoom Session

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**Thursday, May 13**

- \* 5:00 - 6:00pm      Orientation followed by optional social time
- 6:00 - 7:30          Home based practice
- \* 7:30 - 8:15        Opening session
- \* 8:15 - 9:00        Meditation instruction and sitting practice
- 9:00                  Rest or further practice

**Friday, May 14 & Saturday, May 15**

- \* 8:00 - 8:45am      Sit with practice leader
- 8:45 - 9:30          Home based practice
- \* 9:30 - 10:30        Meditation instruction and sitting practice
- 10:30 - 11:30        Meditation in the garden (on your own)
- \* 11:30 - 12:30pm    Sitting meditation / discussion / Q&A
- 12:30 - 2:00        Home based practice
- \* 2:00 - 2:30        Standing meditation
- 2:30 - 3:15          Meditation in the garden (on your own)
- \* 3:15 - 4:00        Discussion and sitting meditation
- 4:00 - 5:00          Meditation in the garden (on your own)
- \* 5:00 - 6:00        Q&A
- 6:00 - 7:30          Home based practice
- \* 7:30 - 8:30        Garden Dharma talk
- 8:30                  Rest or further practice

**Sunday, May 16**

- \* 8:00 - 8:45am Sit with practice leader
- 8:45 - 9:30 Home based practice
- \* 9:30 - 10:15 Meditation instruction and sitting practice
- 10:15 - 11:00 Meditation in the garden (on your own)
- \* 11:00 - 12:30pm Closing session followed by optional social time