

**The Divine Messengers  
At Home Retreat Schedule  
Bhikkhu Jayasāra (Bhante J): April 15th-18th, 2021**

**All times are Eastern Time**

*\* Indicates a Zoom session*

**Thursday April 15**

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|---------------|---|
| * 5:00-6:00pm | Southern Dharma Orientation, followed by optional Social Time |
| 6:00-7:30     | Personal Time   |
| * 7:30-9:00   | Welcome Talk & Guided Meditation                              |
| 9:00          | Rest  |

**Friday April 16 & Saturday April 17**

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|----------------|---------------------------------|
| *9:00-10:00am  | Dhamma Talk & Guided Meditation |
| *10:00-11:00   | Self-Guided Meditation          |
| 11:00am-1:00pm | Personal Time                   |
| 1:00-2:00      | Self-Guided Meditation          |
| *2:00-2:30     | Dhamma Talk                     |
| 2:30-4:00      | Self-Guided Meditation          |
| 4:00-5:00      | Personal Time                   |
| *5:00-6:00     | Guided Meditation               |
| 6:00-7:00      | Self-Guided Meditation          |
| *7:00-8:00     | Q&A                             |
| *8:00-9:00     | Final Meditation                |
| 9:30           | Rest                            |

**Sunday April 18**

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|------------------|---|
| *9:00-10:00      | Final Guided Meditation                           |
| *10:30am-12:00pm | Closing Program, followed by optional Social Time |