

Understanding the Whirlpools of this Mind

Mark Nunberg

May 19 - 23, 2021

At Home Retreat Schedule

Bolded = Zoom Sessions led by teacher

* = Optional Zoom Sessions led by practice leader
(all times are Eastern Daylight Time)

Wednesday, May 19

*5:00 - 6:00pm	Orientation & social time
6:00 - 7:30	Independent practice and meal
7:30 – 8:15	Welcome / Opening talk
8:15 – 9:00	Meditation instruction / sitting practice followed by Q&A
9:00...	Rest or further practice

Thursday May 20 - Saturday May 22

*6:30 – 7:15am	Optional Sitting meditation with practice leader
8:30 – 9:30am	Morning Instruction and Q&A
9:30 – 11:30am	Independent Practice Time
11:30am – 12:30pm	Sit and Practice Discussion & Meal Instructions
12:30 – 2:00pm	Meal, Rest and Independent Practice
2:00 – 2:45pm	Afternoon Instruction and Q&A
2:45 – 4:00pm	Independent Practice Time
4:00 – 5:00pm	Guided Sitting and Movement Practice
5:00 – 7:00pm	Meal and Independent Practice Time
7:00 – 8:00pm	Evening Dharma Reflection
8:00 – 8:30pm	Walking/Movement Practice
8:30 – 9:00pm	Chanting and Sitting

Sunday May 23

*6:30 – 7:15am	Optional sitting meditation with practice leader
8:30 – 9:30am	Morning Instruction and Q&A
9:30 – 10:30am	Independent Practice Time
10:30 – 12:00pm	Closing session
12:00 - 12:30	Social time