



Southern Dharma

RETREAT CENTER

{ DRAFT SCHEDULE }

Redefining Hope in a Darkening World with Jeff Collins & Gisela Konrad
October 25-28, 2023

Wednesday, October 25

4:30 - 5:00	Arrival & Sign-In
5:00 - 6:00	Orientation and Introductions
6:00 - 6:30	Dharma Talk
6:30 - 7:00	Sitting Meditation

Thursday, October 26 & Friday, October 27

8:30 - 9:00	Arrival
9:00 - 9:40	Morning Chant and Sitting Meditation
9:40 - 9:55	Walking Meditation
9:55 - 10:40	Instructions and Sitting Meditation
10:40 - 12:30	Yoga
12:30 - 2:00	Lunch
2:00 - 2:40	Dharma Talk
2:40 - 3:00	Walking Meditation
3:00 - 3:40	Sitting Meditation
3:40 - 4:00	Walking Meditation
4:00 - 5:40	Yoga and Yoga Nidra
5:40 - 6:00	Walking Meditation
6:20 - 6:30	Q&A
6:30 - 7:00	Guided Compassion Meditation

Saturday, October 28

8:30 - 9:00	Arrival
9:00 - 9:40	Morning Chant and Sitting Meditation
9:40 - 9:55	Walking Meditation
9:55 - 10:40	Instructions and Sitting Meditation
10:40 - 12:30	Yoga
12:30 - 2:00	Lunch
2:00 - 2:40	Dharma Talk
2:40 - 3:00	Walking Meditation
3:00 - 3:40	Sitting Meditation
3:40 - 4:00	Walking Meditation
4:00 - 5:40	Yoga and Yoga Nidra
5:40 - 6:00	Walking Meditation
6:00 - 7:00	Closing Circle