

# Retreat Schedule

## Monday

4:00-5:00pm	Register, Move in to rooms, tents, etc., get settled
5:30-6:45pm	Light Dinner and clean-up.
6:45-7:15pm	Introductions, Talk on how things will work, noble silence, process questions
7:15-8:00pm	Taking Refuge, brief sitting instructions, sit
8:00-8:15pm	break
8:15-9:30pm	Dharma talk, questions, dedicate the merit.
9:30pm	Bed time
10:00pm	Lights out

## Tuesday-Saturday

5:45am	Wake-up Bell
6:15-7:00am	Sit
7:00-8:45am	Breakfast and work period
8:45-9:30am	Sit with instructions
9:30-9:45am	questions
9:45-10:15am	Walking practice
10:15-11am	Sit
11-11:30am	Walking practice
11:30am-noon	Sit
Noon-1:45pm	Lunch and work period
1:45-2:15pm	Sit
2:15-3:00pm	Gentle Yoga Class or Walking Practice
3:00-3:45pm	Sit
3:45-4:30pm	Walking Practice
4:30-5:00pm	Sit
5:00-6:30pm	Dinner and work period
6:30-7:00pm	Sit
7:00-7:30pm	Walking Practice
7:30-8:30pm	Dharma Talk
8:30-9:00pm	Walking Practice
9:00-9:30pm	Sit with Chanting, Dedicate the Merit
9:30pm	Bed time
10:00pm	Lights out

## Sunday

5:45am	Wake-up Bell
6:15-7:00am	Sit
7:00-8:45am	Breakfast, work period and Packing rooms
8:45-9:30am	Sit
9:30-10:00am	Walking practice
10am-Noon	Talking Practice, Questions and Answers, Discussion & Sharing, Chanting, Dedicate the Merit
Noon-1:00pm	Lunch