



RETREAT SCHEDULE

FRIDAY JAN 7th:

7:00 – 9:00 PM - Retreat begins

DAILY: (Saturday – Tuesday)

7:00 – 7:45 AM – Sitting

7:45 – 8:30 AM – Movement

8:30 – 10:00 AM – Breakfast and Individual Practice

10:00 – 10:45 AM – Group Sit

10:45 AM – 12:00 PM – Individual Practice

12:00 – 12:45 PM – Group Sit

12:45 – 3:00 PM – Lunch and Individual Practice

3:00 – 6:00 PM – Group Practice / Dharma Talk

6:00 – 7:30 PM – Dinner / Individual Practice

7:30 – 9:00 PM – Group Practice

WEDNESDAY JAN 12th:

7:00 – 7:45 AM – Sitting

7:45 – 8:30 AM – Movement

8:30 – 10:00 AM – Breakfast and Individual Practice

10:00 AM – 12:00 PM – Closing Ritual