

Retreat Schedule

Meditators practice together in silence according to the group schedule, although sessions are somewhat flexible. For example, if you would prefer to sit through a walking period (or visa versa), you absolutely can. Full participation is strongly encouraged, but you will never be chided for missing a session. This is your retreat — and you are fully empowered to shape your experience.

5:45 am Wake up, and tea

EARLY MORNING BLOCK

6:00– 7:00 Sitting meditation
7:00 – 7:15 Walking meditation
7:15 – 8:15 Sitting meditation

8:15 – 9:15 Breakfast

MORNING BLOCK

9:15 – 9:45 Walk
9:45 – 10:30 Sit
10:30 – 11:00 Walk
11:00 – 11:45 Sit
11:45 – 12:00 Walk
12:00 – 12:45 Sit

12:45 – 1:45 Lunch
1:45 – 2:00 Personal time
2:00 – 3:00 Dharma talk

AFTERNOON BLOCK

3:00 – 3:30 Walk or sit or interview
3:30 – 4:00 Walk or sit or interview
4:00 – 4:30 Walk or sit or interview
4:30 – 5:00 Walk or sit or interview
5:00 – 5:30 Walk or sit or interview

5:30 – 6:30 Yoga, exercise, or personal time
6:30 – 7:15 Dinner
7:15 – 7:30 Personal time

EVENING BLOCK

7:30 – 7:45 Walk
7:45 – 8:30 Sit
8:30 – 8:45 Walk
8:45 – 9:30 Sit

9:30 Bed