Meditation Retreat Schedule

**\* 6:00 a.m Wake-up, Stretch**

**\*\*6:30 Sit, Chant Refuges & Precepts**

**7:30 Breakfast**

**\*\*9:00 Sit (Instructions, Q’s & A’s)**

**10:00 Walk**

**\*\*10:45 Sit**

**11:30 Walk**

**\* 12:00 Lunch, Rest**

**\* 1:30 Walk**

**\*\*2:00 Sit**

**2:45 Walk**

**\*\*3:30 Sit (Guided)**

**4:30 Walk/Mindful Break**

**\*5:00 Light Meal**

**\*\*6:30 Sit**

**7:10 Walk**

**\*\*7:30 Dharma Talk**

**8:30 Walk/Mindful Break**

**\*\*9:00 Sit, Chanting**

**9:30 Rest, Further Practice**

**\* Bell is rung at this time**

**\*\*Bell is rung 10 minutes before this time**