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**