

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