Meditation Retreat Schedule

\* 6:00 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

Meditation Retreat Schedule

\* 6:00 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

Meditation Retreat Schedule

\* 6:00 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

Meditation Retreat Schedule

\* 6:00 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

Check In Checklist

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Room \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Yogi Job or Bell**

**(required for all participants)**

Yogi Job/Bell \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Time \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Yogi Job Orientation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Check In Checklist

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Room \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Yogi Job or Bell**

**(required for all participants)**

Yogi Job/Bell \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Time \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Yogi Job Orientation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Check In Checklist

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Room \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Yogi Job or Bell**

**(required for all participants)**

Yogi Job/Bell \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Time \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Yogi Job Orientation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Check In Checklist

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Room \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Yogi Job or Bell**

**(required for all participants)**

Yogi Job/Bell \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Time \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Yogi Job Orientation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_