

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 _____