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 10 minutes before this time

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CHECK IN CHECKLIST

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Name	Name	
Room	Room	
YOGI JOB OR BELL (REQUIRED FOR ALL PARTICIPANTS)	YOGI JOB OR BELL (REQUIRED FOR ALL PARTICIPANTS)	
Yogi Job/Bell	Yogi Job/Bell	
Time	Time	
Yogi Job Orientation	Yogi Job Orientation	
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