

2024 JUNE MEDITATION RETREAT SCHEDULE

* 5:45 A.M	WAKE-UP, STRETCH
**6:15	SIT, CHANT REFUGES & PRECEPTS
7:00	BREAKFAST
**8:30	SIT (INSTRUCTIONS, Q&A)
9:30	WALK
**10:15	SIT
11:00	WALK
* 11:30	LUNCH, REST
* 1:00	WALK
**1:30	SIT
2:15	WALK
**3:15	SIT (GUIDED)
4:00	WALK/MINDFUL BREAK
* 4:30	LIGHT MEAL
**6:00	SIT
6:40	WALK
**7:00	DHARMA TALK
8:00	WALK/MINDFUL BREAK
**8:30	SIT, CHANTING
9:00	REST, FURTHER PRACTICE

* BELL IS RUNG AT THIS TIME

**BELL IS RUNG 10 MINUTES BEFORE THIS TIME