

All-day Retreat

Practice Schedule

Time	Description
09:00–09:15	Introduction & Getting Settled
09:15–09:30	Opening ceremony
09:30–10:00	Sitting meditation
10:00–10:10	Walking meditation
10:10–10:40	Sitting meditation
10:40–10:50	Walking meditation
10:50–11:20	Sitting meditation
11:20–12:00	Lunch
12:00–12:20	Break
12:20–12:40	Work period
12:40–13:10	Sitting meditation
13:10–13:20	Walking meditation
13:20–13:50	Sitting meditation
13:50–14:00	Walking meditation
14:00–14:30	Sitting meditation
14:30–14:50	Break
14:50–15:20	Dharma talk
15:20–15:30	Break
15:30–16:00	Sitting meditation
16:00–16:10	Walking meditation
16:10–16:40	Sitting meditation
16:40–16:50	Walking meditation
16:50–17:20	Sitting meditation
17:20–17:35	Closing ceremony
17:35	Clean-up and departure