

Monday through Saturday

morning meditation block

8 am to 8:45 Seated Meditation
8:45 -9:00 Walking Meditation
9 - 9:45 Seated Meditation
9:45- 10:00 Walking Meditation
10:00 - 10:45 Seated Meditation
10:45 - 11:00 Walking meditation
11:00 to 12 pm Seated meditation

12 to 1 pm Break/Lunch or more meditation

afternoon meditation block

1 - 2 pm Seated Meditation
2 - 2:30 Walking Meditation
2:30 - 3:30 Seated Meditation
3:30 to 4 Walking meditation
4 to 5 pm Seated meditation.

5 to 6 pm Break / Dinner

evening meditation block

6 - 6:45 pm seated meditation
6:45 - 7:15 - walking meditation
7:15 - 8 seated meditation
8 to 8:30 pm walking meditation or break

8:30 to 10 pm Dharma Talk **on Monday, Wednesday, Friday, and Saturday**

8:30 to 9:30pm seated meditation **on Tuesday and Thursday**

Sunday

8 am to 9 seated meditation
9 to 9:30 walking meditation
9:30 to 10:30 seated meditation
10:30 to approx. 12 pm - Final Dharma Talk and Closing Ceremony

Notes on the schedule

The retreat will begin Monday and finish Sunday afternoon. If you would like to begin your retreat earlier or extend it later you are welcome to do that. The schedule is on Eastern Time. If you need to tailor your schedule to better fit your timezone, please do. *Regardless of how you tailor your schedule, please join the meditation hall right at the beginning of seated or walking meditation, and if you leave early, leave right at the finish time of each seated or walking meditation!*

If you will be 100% on retreat this week, I hope this schedule will fit with your practice, but you might find ways to customize the schedule to better fit your needs. For example, you might take an hour in the afternoon to do yoga rather than seated meditation. If you are not 100% on retreat, you might plan out what parts you'd like to participate in. For example, you could decide to participate in just the morning block of meditation and the dharma talks.

Whatever plans you make with this schedule, or however you tailor the schedule to fit your needs, *stick with it!* Make plans for how you will show up for the practice at the beginning of the week, and don't make changes the day of unless circumstances out of your control make it necessary.