

## *Daily Retreat Schedule*

### *Deepening into Stillness 2026*



**6.15** Wake-up bell

**6.30** Yoga or Exercise (or individual practice)

**7.15** Sitting meditation (45 mins)

**8.00** *Breakfast & Work period*

**9.30** Guided meditation and Q&A regarding practice

**10.30** Walking meditation (30 mins)

**11.00** Sitting meditation (30 mins)

**11.30** Walking meditation (30 mins)

**12.00** Sitting meditation (45 mins)

**12.45** *Lunch, Clean Up and Rest*

**2.15** Dharma talk (30 mins)

**2.45** Dharma Inquiry (60mins)

**3.45** Reflection & contemplation (30mins in nature: walk, sit, lie down)

**4.15** Body Dharma (including 10 min for toilet break and set up)

**5.30** Sitting meditation

**5.30** *Evening meal, Clean Up and Rest*

**7.15** Sitting meditation (45 mins)

**8.00** Walking meditation (20 mins)

**8.20** Sitting/lying down meditation (40mins) with meditation music

**9.00** *Rest*

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