

DEEPENING INTO STILLNESS

Daily Retreat Schedule



The sessions in ***bold*** are suggested minimum required attendance

5:45	Wake-up bell
6:00	Yoga or Exercise
6:45	Sitting Meditation
7:30	Breakfast & Clean up
09:30	* Daily instructions & Sit*
10:15	Walking meditation (45mins)
11:00	Sitting Meditation
11:45	*Walking meditation or Small group session*
12:30	Lunch & Clean up
	Rest
2:00	* Open Inquiry Session*
3:00	Walking meditation (30mins)
3:30	Sitting Meditation
4:15	Yoga / Movement practice
5:00	Evening meal & Clean up
	Rest
6:30	* Sitting Meditation*
	Small Break
7:10	*Dharma Talk*
8:00	Standing/Walking meditation (20mins)
8:30	Evening program: poetry, music, guided loving kindness meditation
9:00	* Rest*