

**Sangha-Led Retreat
29th Dec 2020 – 3rd Jan 2021**

Schedule

Tuesday – Sunday

6.00	Wake-up bell
6.15 – 7.00	Yoga or exercise
7.00 – 7.45	Sit
7.45 – 9.30	Breakfast & clean up
9.30 -10:15	Guided meditation
10.15 – 11.00	Walking Meditation
11.00 -11.45	Sit
11.45 -12.30	Walking Meditation or Optional Breakout Group
12.30 – 2.30	Lunch & clean up, rest
2.30 -3.15	Sharing Circle
3.15 – 3.45	Walking meditation
3.45 – 4.30	Sit
4.30 – 5.30	Movement
5.30 – 7.00	Evening meal & clean up
7.00 – 9.00	Dharma Talk, evening programme

Sunday 3rd January

Schedule

6.00	Wake-up bell
6.15 – 7.00	Yoga or Exercise
7.00 – 7.45	Sit
7.45 – 9.30	Breakfast, pack & clean up
9.30 - 10.15	Sit
10.15 - 11.30	Walking meditation
11.30 - 1.00	Sharing circle
1.00 - 2.00	Lunch and leave

Tuesday 29th December

Schedule

4.30-6.00	Registration and Settling In
6.00 – 7.00	Evening Meal
7.00 – 9.00	Retreat Intro and Evening programme