

# Introductory Retreat Schedule

Friday			
	3:30	Orientation and Tour of monastery	Vimalakirti Hall
	5:00	Mealtime Instruction	Skanda Hall
	5:15	Formal Medicine Meal	Skanda Hall
	5:50	Rest. Kitchen Clean-up help is welcome	
	6:45	Meditation Instruction & Short Meditation period	Buddha Hall
	8:15	Set-up hall for morning meditation. Rest, Quiet.	
	9:00	Lights Out <i>Please keep the Noble Silence until after Morning Service</i>	

## Saturday

	5:00 am	Rising	
	5:30	Meditation, (20 min), Walking Meditation, (10 min), Meditation, (20 min)	Buddha Hall
	6:20	Full Morning Service	
	7:45	Questions & Answers. Coffee & tea are offered	Vimalakirti Hall
	8:45	Formal Breakfast	Skanda Hall
	9:45	Working Meditation	
	11:15	Meditation, 30 minutes	Buddha Hall
	12:00	Formal Noon Meal	Skanda Hall
	12:45	Rest period. Kitchen clean-up help is welcome.	
	2:30	Evening Service, Meditation, (30 minutes)	Buddha Hall
	3:30	Retreat Dharma Talk & Discussion	
	5:15	Formal Medicine Meal	Skanda Hall
	6:00	Rest. Kitchen clean-up help is welcome.	
	6:30	Dharma Discussion	Buddha Hall
	7:45	Meditation (20 min), Walking Meditation (10 min), Meditation, followed by Evening Office	
	9:00 pm	Lights Out <i>Please keep the Noble Silence</i>	

# Sunday

	5 am	Rising	
	5:30	Meditation, (20 min), Walking Meditation, (10 min), Meditation, (20 min)	Buddha Hall
	6:20	Full Morning Service	
		Brief Ceremonial Instruction	
	7:45	Quiet Spiritual Reading Period - Coffee and tea are offered	Vimalakirti Hall
	8:30	Formal Breakfast	Skanda Hall
	9:15	Dharma Talk	Vimalakirti Hall
	9:45	Orientation for Newcomers	
	10:30	Festival Ceremony followed by Dharma Talk	Buddha Hall
		Tea follows Dharma Talk	Vimalakirti Hall
	Approx. 12:30 pm	Buddhist Supplies Shop is Open during Tea	Lotus House