

Meditation Retreat Schedule, July 28 – August 1, 2010

Wednesday 28	Thursday 29	Friday 30	Saturday 31	Sunday 1
	Each Day: 5:00 am Rising			
	5:30 am Meditation			
	6:20 am Full Morning Service			
	7:30 am Working Meditation			
	Each Day: 8:30 Formal Breakfast			
	9:15 am Working Meditation	9:15 am Working Meditation	9:15 am Working Meditation	9:15 am Working Meditation and Departure Preparation
	10:30 am Meditation, Walking Meditation, Meditation	10:30 am Meditation, Walking Meditation, Meditation	10:30 am Meditation, Walking Meditation, Meditation	10:30 am Festival of Kshutgharba, followed by Dharma Talk and Tea
	Each Day: 12:00 Formal Mid-day meal. <i>Help with kitchen clean-up is welcome after all mid-day meals. Rest follows kitchen clean-up</i>			
	End of Retreat			
2:30 – 4:00 Arrivals	2:30 pm Evening Service	2:30 pm Dharma Discussion	2:30 pm Evening Service	
	2:45 pm Meditation, Walking Meditation, Meditation	3:45 pm Meditation	2:45 pm Meditation	
	4:30 pm Working Meditation in Kitchen	4:40 pm Working Meditation in Kitchen	3:30 pm Dharma Talk	
Each Day: 5:00 pm Silent Buffet Medicine Meal, monks and laity together. <i>Help with kitchen clean-up is welcome after all mid-day meals. Rest follows kitchen clean-up</i>				
7:00 pm Dharma Talk, followed by Rest Night	7:00 pm Meditation, Walking Meditation, Meditation	7:00 pm Meditation, Walking Meditation, Meditation	7:00 pm Vigil for Kshutgharba	
	Each Day: 8:30 pm Evening Office			
Each Night: 9:00 pm Lights Out <i>Please keep the Noble Silence until after Morning Meditation</i>				