

Sample Daily Schedule - Returning Participants Retreat

Please note that all meditation is self-directed. During the scheduled periods participants have the opportunity to sit for the whole period, but are free to manage themselves as they see fit.

5:00am-5:30am Wake-up time

5:30am-7:30am Sit

7:30am-9:30am BREAKFAST PERIOD

9:30am-12:00pm Sit

12:00pm--2:00pm LUNCH PERIOD

2:00pm-5:00pm Sit

5:00pm--7:00pm DINNER PERIOD

7:00pm-8:00pm Group Process (time will be flexible)

8:00pm-9:30pm Sit

9:30pm Retire to sleeping areas or sit (the zendo stays open all night)

* Participants are always free to rest, walk on the property, or meditate in their cabins/bunks, or meditate in or on top of the darkness hut or other designated locations on the property.

Sample Yaza Schedule (Night Meditation) - optional

10:00pm-10:30pm Chanting/ toning

10:30pm-1:00am Sit

1:00am-1:30am Break/ Snacks in dining area

1:30am-5:00am Sit

5:00am-6:00am Rest/ Sleep