

## 10 Day Retreat Schedule

**Dan is available daily - except for arrival and departure days - for one-on-one interviews**

### **Arrival Day (Friday):**

12:00pm-2:00pm Arrivals/ Lunch  
2:00pm-3:00pm Arrivals  
3:00pm-4:00pm Meditation  
4:00-4:30 Welcome talk & logistics  
4:30pm-5:45pm Group Process  
5:45pm-6:30pm Dinner  
6:30pm-7:30pm DINNER CLEANUP / rest  
7:30pm-9:30pm Sit  
9:30pm Retire to sleeping areas or sit (the zendo stays open all night)

### **Saturday:**

5:00am-5:30am Wake-up bell  
5:30am-7:30am Sit  
7:30am-8:15am Seva/Rest BREAKFAST PREP / rest  
8:15am-9:00am Breakfast  
8:45am-9:30am Seva BREAKFAST CLEANUP / rest  
9:30am-11:00am Teaching/Group Process  
11:00am-12:00pm Sit  
12:00pm-1:00pm Seva LUNCH PREP / rest  
1:00pm-1:45pm Lunch  
1:45pm-2:30pm Seva LUNCH CLEANUP / rest  
2:30pm-4:30pm Sit  
4:30pm-5:00pm Gong Meditation/ Sit  
5:00pm-5:45pm Seva DINNER PREP / rest  
5:45pm-6:30pm Dinner  
6:30pm-7:30pm Seva DINNER CLEANUP / rest  
7:30pm-9:30pm Sit  
9:30pm Retire to sleeping areas or sit (the zendo stays open all night)

**Sunday:**

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

5:30am-7:30am Sit

7:30am-8:15am Seva/Rest BREAKFAST PREP / rest

8:15am-9:00am Breakfast

8:45am-9:30am Seva BREAKFAST CLEANUP / rest

9:30am-11:00am Teaching/Group Process

11:00am-12:00pm Sit

12:00pm-1:00pm Seva LUNCH PREP / rest

1:00pm-1:45pm Lunch

1:45pm-2:30pm Seva LUNCH CLEANUP / rest

2:30pm-4:30pm Sit

4:30pm-5:00pm Gong Meditation/Sit

5:00pm-5:45pm Seva DINNER PREP / rest

5:45pm-6:30pm Dinner

6:30pm-7:30pm Seva DINNER CLEANUP / rest

7:30pm-9:30pm Sit

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

**Monday:**

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

5:30am-7:30am Sit

7:30am-8:15am Seva/Rest BREAKFAST PREP / rest

8:15am-9:00am Breakfast

8:45am-9:30am Seva BREAKFAST CLEANUP / rest

9:30am-11:00am Teaching/Group Process

11:00am-12:00pm Sit

12:00pm-1:00pm Seva LUNCH PREP / rest

1:00pm-1:45pm Lunch

1:45pm-2:30pm Seva LUNCH CLEANUP / rest

2:30pm-4:30pm Sit

4:30pm-5:00pm Gong Meditation/ Sit

5:00pm-5:45pm Seva DINNER PREP / rest

5:45pm-6:30pm Dinner

6:30pm-7:30pm Seva DINNER CLEANUP / rest

7:30pm-9:30pm Sit

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

## **Tuesday**

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

5:30am-7:30am Sit

7:30am-8:15am Seva/Rest BREAKFAST PREP / rest

8:15am-9:00am Breakfast

8:45am-9:30am Seva BREAKFAST CLEANUP / rest

9:30am-10:30 Sit

10:30-12:00 Group Process

12:00pm-1:00pm Seva LUNCH PREP / rest

1:00pm-1:45pm Lunch

1:45pm-2:30pm Seva LUNCH CLEANUP / rest

2:30pm-4:30pm Sit

4:30pm-5:00pm Gong Meditation/ Sit

5:00pm-5:45pm Seva DINNER PREP / rest

5:45pm-6:30pm Dinner

6:30pm-7:30pm Seva DINNER CLEANUP / rest

7:30pm-9:30pm Sit

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

## **Wednesday:**

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

5:30am-7:30am Sit

7:30am-8:15am Seva/Rest BREAKFAST PREP / rest

8:15am-9:00am Breakfast

8:45am-9:30am Seva BREAKFAST CLEANUP / rest

9:30am-11:00am Teaching/Group Process

11:00am-12:00pm Sit

12:00pm-1:00pm Seva LUNCH PREP / rest

1:00pm-1:45pm Lunch

1:45pm-2:30pm Seva LUNCH CLEANUP / rest

2:30pm-4:30pm Sit

4:30pm-5:00pm Gong Meditation/ Sit

5:00pm-5:45pm Seva DINNER PREP / rest

5:45pm-6:30pm Dinner

6:30pm-7:30pm Seva DINNER CLEANUP / rest

7:30pm-9:30pm Sit

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

### **Thursday**

5:00am-5:30am Wake-up bell  
5:30am-7:30am Sit  
7:30am-8:15am Seva/Rest BREAKFAST PREP / rest  
8:15am-9:00am Breakfast  
8:45am-9:30am Seva BREAKFAST CLEANUP / rest  
9:30am-11:00am Teaching/Group Process  
11:00am-12:00pm Sit  
12:00pm-1:00pm Seva LUNCH PREP / rest  
1:00pm-1:45pm Lunch  
1:45pm-2:30pm Seva LUNCH CLEANUP / rest  
2:30pm-4:30pm Sit  
4:30pm-5:00pm Gong Meditation/ Sit  
5:00pm-5:45pm Seva DINNER PREP / rest  
5:45pm-6:30pm Dinner  
6:30pm-7:30pm Seva DINNER CLEANUP / rest  
7:30pm-9:30pm Sit  
9:30pm Retire to sleeping areas or sit (the zendo stays open all night)

### **Friday:**

5:00am-5:30am Wake-up bell  
5:30am-7:30am Sit  
7:30am-8:15am Seva/Rest BREAKFAST PREP / rest  
8:15am-9:00am Breakfast  
8:45am-9:30am Seva BREAKFAST CLEANUP / rest  
9:30am-11:00am Teaching/Group Process  
11:00am-12:00pm Sit  
12:00pm-1:00pm Seva LUNCH PREP / rest  
1:00pm-1:45pm Lunch  
1:45pm-2:30pm Seva LUNCH CLEANUP / rest  
2:30pm-4:30pm Sit  
4:30pm-5:00pm Gong Meditation/ Sit  
5:00pm-5:45pm Seva DINNER PREP / rest  
5:45pm-6:30pm Dinner  
6:30pm-7:30pm Seva DINNER CLEANUP / rest  
7:30pm-9:30pm Sit  
9:30pm Retire to sleeping areas or sit (the zendo stays open all night)

**Saturday:**

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

5:30am-7:30am Sit

7:30am-8:15am Seva/Rest BREAKFAST PREP / rest

8:15am-9:00am Breakfast

8:45am-9:30am Seva BREAKFAST CLEANUP / rest

9:30am-11:00am Teaching/Group Process

11:00am-12:00pm Sit

12:00pm-1:00pm Seva LUNCH PREP / rest

1:00pm-1:45pm Lunch

1:45pm-2:30pm Seva LUNCH CLEANUP / rest

2:30pm-4:30pm Sit

4:30pm-5:00pm Gong Meditation/ Sit

5:00pm-5:45pm Seva DINNER PREP / rest

5:45pm-6:30pm Dinner

6:30pm-7:30pm Seva DINNER CLEANUP / rest

7:30pm-9:30pm Sit

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

**Departure Day (Sunday)**

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

5:30am-7:30am Sit

7:30am-8:15am Seva/Rest BREAKFAST PREP / end of silence

8:15am-9:00am Breakfast

8:45am-9:30am Seva BREAKFAST CLEANUP / rest

9:30am-11:00am Final Group Process

11:00am-12:00pm Departure