

## Cultivating the Heart-Mind Weekend Retreat Schedule

\*The Zendo is open for silent meditation practice at all times.

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

12:00pm-3:00pm Lunch and Arrivals

3:00pm-3:30pm Sound - Gong Meditation

3:30pm -4:00pm Welcome Talk and Logistics at Center

4:00pm-5:30pm Group Process (meditation/heart teaching) in Center Library

5:30pm-6:15pm Dinner

6:15pm-6:45pm - Guided Meditation with Dan

7:00pm-9:00pm **Group Session with Henry #1 (Hilltop) or Meditation (Zendo)**

9:30pm Retire to sleeping areas

### **Saturday:**

6:00am Wake up bell

6:30am-7:30am Guided Meditations with Dan

7:30am-8:15am Breakfast Prep Seva/ Rest

8:15am-8:45am Breakfast

8:45am-9:15am Seva BREAKFAST CLEANUP / Rest

9:30am-12:30pm **Group Session with Henry #2 (Hilltop) or Meditation (Zendo)**

12:30pm-1:00pm Seva LUNCH PREP /Rest

1:00pm-1:45pm Lunch

01:30-2:30 **Private Session with Henry\* at Hilltop Studio**

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

2:30pm-3:00pm Sound Meditation - Toning

3:00pm-4:30pm Guided Meditations

4:30pm-5:00pm Gong Meditation

5:00pm-5:30pm Seva DINNER PREP / Rest

5:30pm-6:15pm Dinner

6:15pm-7:00pm Seva DINNER CLEANUP /Rest

7:00pm-9:00pm **Group Session with Henry #3 (Hilltop) or Meditation (Zendo)**

9:30pm Retire to sleeping areas

### **Departure Day (Sunday):**

6:00am- Wake-up bell

6:30am-7:00am - Sound Meditation - Toning  
7:00am-7:30am Guided Meditations  
7:30am-8:15am Seva/Rest BREAKFAST PREP  
8:15am-8:45am Breakfast  
8:45am-9:30am Seva BREAKFAST CLEANUP / Rest  
9:30am-11:00am **Group Session with Henry #4 (Hilltop) or Meditation (Zendo)**  
11:00am-12:00pm- Meditation  
12:00pm - Silence Ends  
11:15-12:15 **Private Session with Henry\* at Hilltop Studio**  
12:00pm-12:30am Seva LUNCH PREP / Rest/ Pack  
12:30pm-1:15pm Lunch  
1:15pm-2:00pm Meeting/Q & A with Henry in Zendo  
12:30pm-2:00pm - (3) Private Interviews with Dan  
1:15pm-2:00pm Seva LUNCH CLEANUP / FINAL CLEANUP / Pack  
2:00pm-3:00pm - Final Group Process/Closing in Center Library  
3:00pm-4:00pm-Meeting/Q & A with Dan  
3:00pm-3:30pm - Final Pack/Departure  
3:15pm-4:15pm - **Private Session with Henry\* at Hilltop Studio**

\* If available. Sign up sheet is located on the board at the bottom of the stairs (dorm level).