

Family Weekend Retreat Schedule

Friday

- 2:00-5:00pm Arrival/ Orientation /**Group Activities for Children***
- 6:00 pm Dinner
- 7:00 pm Welcome Talk
- 7:45 pm Break
- 8:00 pm Intro to Meditation and Initial Meditation (parents and kids)
- 8:45 pm Ready for Bedtime
- 9:00 pm Lights Out

Saturday

- 7:00 am Wake up Bell
- 7:15 am Wake Up Your Body Movement Class (parents and kids)
- 7:30 am Meditation (parents and kids)
- 8:00 am Breakfast followed by Free Family Time
- 9:00-12:00pm Group Activities for Children* and Snack**
- 9:00-12:00pm Meditation and Group Process in the Zendo for Parents
- 12:00 pm Lunch followed by Free Family Time
- 2:00 pm Meditation (parents and kids)
- 2:45 pm Break and Snack
- 3:00 pm Meditation (parents and kids)
- 3:30 pm Sound Meditation with Gongs (parents and kids)
- 4:00 pm Family Free Time
- 5:30 pm Dinner followed by Free Family Time
- 7:00 pm Meditation (parents and kids)
- 7:45 - 9:15pm Popcorn and a Movie for Children (parents optional)**
- 9:15 pm Ready for Bedtime
- 9:30 pm Lights Out

SUNDAY

- 7:00 am Wake up Bell
- 7:15 am Wake Up Your Body Movement Class
- 7:30 am Meditation (parents and kids)
- 8:00 am Breakfast followed by Free Family Time
- 9:00 am Meditation (parents and kids)
- 9:30-12:00pm Group Activities for Children* and Snack**
- 9:30-12:00pm Meditation and Group Process in the Zendo for Parents
- 12:00 pm Lunch

1:00 pm Final Meditation (Parents and Kids)
1:30 pm Recommended Home Practice and Closing Meeting (Parents and Kids)
3:00- 4:00pm Departure

Outside of the bolded **Group Activities for Children** and **Popcorn and a Movie** portions of the weekend, parents are responsible for supervising their children at all times.

*Group Activities for Children may include moving and still meditations, nature walks, badminton, spikeball, manhunt, games, arts and crafts, capture the flag, sponge/ water fight etc.