

Weekend Retreat Schedule

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
6:00pm-6:45pm 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
7:45am-8:15am (1)One-on-one interviews*
8:15am-9:00am Breakfast
8:45am-9:30am Seva BREAKFAST CLEANUP / rest
8:45am - 9:45am (2)One-on-one interviews*
9:30am-10:30am Sit (sit leader)
10:30am-12:00pm Teaching/Group Process
12:30pm-1:00pm (1) One-on-one interviews*
12:00pm-1:00pm Seva LUNCH PREP / rest
1:00pm-1:45pm Lunch
1:30pm-2:00pm (1) One-on-one interviews*
1:45pm-2:30pm Seva LUNCH CLEANUP / rest
2:30pm-4:30pm Sit
4:30pm-5:00pm Gong Meditation
5:00pm-5:45pm Seva DINNER PREP / rest
5:15pm-5:45pm (1) One-on-one interviews*
5:45pm-6:30pm Dinner
6:15pm-7:15pm (2) One-on-one interviews*
6:30pm-7:30pm Seva DINNER CLEANUP / rest
7:30pm-9:30pm Sit
9:30pm Retire to sleeping areas

Sunday

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

5:30am-7:30am Sit

7:45am-9:15am (3)One-on-one interviews*

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

8:15am-9:00am Breakfast

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

9:30am-12:00pm Sit

12:00pm-1:00pm (end of silence) Seva LUNCH PREP / rest/pack

1:00pm-1:45pm Lunch

1:45pm-2:30pm Seva LUNCH CLEANUP / FINAL CLEANUP / pack

2:30pm-3:30pm Final Group Process/Closing

3:30pm Departure

* Interviews with Dan and Tanya if available. Sign up sheet is located on the board at the bottom of the stairs (dorm level).