

Long Weekend Retreat

Arrival Day (Friday):

12:00pm-3:00pm Arrivals
3:00pm-3:30pm Welcome talk & logistics
3:30pm-4:30pm Sit (Guided)
4:30pm-5:30pm Group Process
5:30pm-5:45pm 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, Sunday:

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 One-on-one interviews with Dan*
8:15am-9:00am Breakfast
8:45am-9:30am Seva BREAKFAST CLEANUP / rest
8:45am - 10:15am One-on-one interviews with Dan*
9:30am-10:30am Sit
10:30am-12:00pm Teaching/Group Process
12:00pm-1:00pm Seva LUNCH PREP / rest (Nico private session #1*)
1:00pm-1:45pm Lunch
1:30pm-2:30pm Nico private session #2*
1:45pm-2:30pm Seva LUNCH CLEANUP / rest
2:30pm-4:30pm Sit
2:45pm-3:45pm Nico private session #3*
4:00pm-5:00pm Nico private session #4*
4:30pm-5:00pm Gong Savasana/ 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
9:30pm-10:30pm One-on-one interviews with Dan in the library*

Departure Day (Monday)

5:00am-5:30am Wake-up bell
5:30am-7:30am Sit
7:45am-9:45am One-on-one interviews with Dan*
7:30am-8:15am Seva/Rest BREAKFAST PREP
8:15am-9:00am Breakfast
8:45am-9:30am Seva BREAKFAST CLEANUP / rest
9:30am-11:30am Sit
10:45am-11:45am Nico private session #1*
11:30am-12:30am Seva LUNCH PREP / rest/pack
12:00pm-1:00pm Nico private session #2*
1:00pm-1:45pm Lunch
1:15pm-2:15pm Nico private session #3*
1:45pm-2:30pm Seva LUNCH CLEANUP / FINAL CLEANUP / pack
2:30pm-3:30pm Final Group Process/Closing
3:30pm Departure

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