

July 20th Weekend Meditation Retreat

Arrival Day (Friday):

12:00pm-3:00pm Arrivals

3:00pm-3:30pm Sit (Guided)

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

4:00pm-5:00pm Group Process

5:00pm-5:45pm Rest

5:45pm-6:30pm Dinner

6:30pm-7:00pm **(1)** One-on-one interview with Dan*

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

7:30pm-9:30pm Sit

9:30pm Retire to sleeping areas

9:30pm-10:00pm **(1)** One-on-one interview with Dan*

Saturday:

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

5:30am-7:30am Sit

7:45am-8:15am **(1)** One-on-one interview with Dan*

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

8:15am-9:00am Breakfast

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

8:45am-10:15am **(3)** 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

(12:15pm-1:15pm **Private Session with Henry***)

1:00pm-1:45pm Lunch

(1:30pm-2:30pm **Private Session with Henry***)

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

2:30pm-4:30pm Sit

(2:45pm-3:45pm **Private Session with Henry***)

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 /
6:30pm-7:30pm **(2)** One-on-one interviews with Dan*
7:30pm-9:30pm Sit
9:30pm Retire to sleeping areas
9:30pm-10:30pm **(2)** One-on-one interviews with Dan*

Departure Day (Sunday):

5:00am-5:30am Wake-up bell
5:30am-7:30am Sit
7:45am-8:15am **(1)** 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
8:30am - 10:00am **(3)** One-on-one interviews with Dan*
9:30am-10:30am Sit
(10:45am-11:45am **Private Session with Henry***)
11:30am-12:30am Seva LUNCH PREP / rest/pack
(12:00pm-1:00pm **Private Session with Henry***)
1:00pm-1:45pm Lunch
1:15pm-2:15pm **Private Session with Henry***)
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).