



Meditation Retreat Schedule, July 27 – July 31, 2011

(all meditation periods, Dharma talks and discussions will be in the Buddha Hall)

Wednesday	Thursday	Friday	Saturday	Sunday
	Each Day: 5:00 am Rising			6:00 am Rising
	5:30 am Meditation			6:30 am Meditation
	6:20 am Full Morning Service			7:20 Short Morning Service
	7:30 am Working Meditation			8:00 Working Meditation
	Each Day: 8:30 Formal Breakfast			8:45 Formal Breakfast
	9:15 am Working Meditation	9:15 am Working Meditation	9:15 am Working Meditation	9:30 Kitchen Cleanup
	10:30 am Dharma Talk, Walking Meditation, Meditation	10:30 am Dharma Discussion, Walking Meditation, Meditation	10:30 am Dharma Talk, Walking Meditation, Meditation	10:30 am Festival of Achalanatha, followed by Dharma Talk and Tea
	Each Day: 12:30 Formal Mid-day meal <i>Help with kitchen clean-up is welcome after all mid-day meals. Rest follows kitchen clean-up.</i>			<i>End of Retreat</i>
2:30 – 4:00 Arrivals	3:00 pm Evening Service	3:00 pm Evening Service	3:00 pm Evening Service	
	3:15 pm Meditation, Walking Meditation, Meditation	3:15 pm Meditation, Walking Meditation, Meditation	3:15 pm Meditation, Walking Meditation, Meditation	
	Each Day: 5:15 pm Formal Medicine Meal <i>Help with kitchen clean-up is welcome after all medicine meals. Rest follows kitchen clean-up.</i>			
7:00 pm Overview of Retreat in Vimalakirti Hall	7:00 pm Meditation & Walking Meditation	7:00 pm Meditation & Walking Meditation	7:00 pm Meditation & Walking Meditation	
Each Night: 7:45 pm Meditation and Evening Office in Buddha Hall				
Each Night: 9:00 pm Lights Out <i>Please keep the Noble Silence until after Morning Service.</i>				