

Typical Introductory Retreat Schedule

Friday

3:30 pm	Guestmaster's Welcome & Orientation, and Tour of Monastery.	Meet Vimalakirti Hall
5:00	Mealtime Ceremonial Instruction.	Skanda Hall
5:15	Silent Buffet Medicine Meal	Skanda Hall
5:50	Kitchen Clean-up help is welcome. Rest period. (Shower time.)	
6:45	Meditation Instruction and Short Meditation period.	Buddha Hall
8:15	Set-up Hall for Morning Meditation. Rest, Quiet Time.	
	<i>Please keep the Noble Silence from now until after Morning Service.</i>	
9:00	Lights Out.	

Saturday

5:30 am	Rising	
6:00	Meditation (20 min.), Walking Meditation (5 min.), Meditation (20 min.)	Buddha Hall
6:45	Morning Service	
7:30	Retreat Question and Answer period. Coffee & tea are offered.	Skanda Hall
8:45	Silent Buffet Breakfast	Skanda Hall
9:30	Work period.	
11:15	Meditation (30 min.)	Buddha Hall
12:00	Silent Buffet Lunch	Skanda Hall
12:45	Kitchen clean-up help is welcome. Rest period. (Shower time.)	
2:30	Evening Service and Meditation (30 min.)	Buddha Hall
3:30	Retreat Dharma Talk.	
5:15	Silent Buffet Medicine Meal	Skanda Hall
5:50	Kitchen clean-up help is welcome. Rest period. (Shower time.)	
	Followed by Quiet Time for Spiritual Reading and Reflection / Rest period. <i>Please keep the Noble Silence from now until after Morning Service.</i>	
07:15	Meditation (20 min.), Walking Meditation (5 min.), Meditation, followed by Evening Office.	Buddha Hall
08:10:00 PM	Quiet time for Spiritual Reading and Reflection/Rest.	Vimalakirti Hall
09:00:00 PM	Lights Out.	

Typical Introductory Retreat Schedule

Sunday

5:30 am	Rising	
6:00	Meditation (20 min.), Walking Meditation (5 min.), Meditation (20 min.)	Buddha Hall
6:45	Short Morning Service	
	Followed by brief Ceremonial Instruction.	Buddha Hall
7:40	Quiet Spiritual Reading period/Room cleaning and departure preparation, if needed.	Vimalakirti Hall
8:30	Silent Buffet Breakfast	Skanda Hall
9:10	Retreat Dharma Talk and Discussion.	Skanda Hall
10:30	Festival Ceremony or Meditation Sunday, followed by Dharma Talk.	Buddha Hall
	Followed by Social Tea with packed Lunch makings.	Vimalakirti Hall
Approx. 12:15 pm	Buddhist Supplies Shop is open after the Dharma Talk.	Lotus House

End of Retreat