

# **MEDITATION RETREAT**

## **FINDING PEACE IN A DISTRACTED WORLD**

### **Friday, October 19**

6 – 7 p.m..... Registration and Check-in

7 – 9 p.m.....Orientation, Instruction and Sitting Meditation

### **Saturday, October 22**

6:30 a.m.....Yoga

7:30 a.m.....Breakfast

9 a.m.....Sitting Meditation and Loving Kindness practice

10 a.m.....Tea Break

10:30 a.m.....Sitting and walking practice

Noon.....Lunch

1:30 p.m.....Sutta Study and discussion with Q & A

3:00 p.m.....Tea Break 3:30 pm....Sitting and walking

4:30 p.m.....Walk outside

5:30 p.m.....Dinner

7 – 9 p.m.....Sitting, sharing Loving Kindness

## **Sunday, October 21**

6:30 a.m .....Yoga

7:30 a.m.....Breakfast

9 a.m.....Sitting Meditation and Loving Kindness practice

10 a.m.....Tea Break

10:30 a.m...Sitting and walking practice

Noon.....Lunch

1:30 p.m.....Sutta Study and discussion with Q & A

3:30 p.m.....Sitting, sharing Loving Kindness & closing reflections