

Navigating Life's Changes and Challenges

Retreat Schedule

25 - 27 January 2019

Friday

6:00-7:00 p.m.	Arrive, Register, & Settle In
7:00	Welcome & Orientation (Staff)
7:20	Introduction to Retreat & Shared Practice
8:00	Guided Meditation with Q/A
9:00	Evening advice
9:15 onward	Personal Mindfulness Practice

Please be MINDFUL of Noble Silence, slow down,
& enjoy peacefulness.

Saturday

6:15 a.m.	Wake Up
6:30	Qi Gong¹
7:00	Sitting Meditation
8:00	Breakfast
9:20	Meditation Instruction & practical suggestions
10:30	Walking
10:50	Sitting
11:20	Walking
11:45	Sitting with Guided Practice
12:30 p.m.	Lunch & Individual Practice

¹ See <http://www.everyday-taichi.com/taiji-qigong.html> or <https://www.youtube.com/watch?v=aAwBJ9MO9II>.

Small group practice discussions will be offered during the afternoon

2:15	Guided Mindfulness with Breathing
3:00	Walking
3:30	Sitting
4:15	Walking
4:45	Sitting
5:30	Light Dinner & Personal Practice
6:45	Sitting
7:20	Walking
7:45	Dhamma Talk with Q/A
8:45	Closing Meditation
9:30 onward	Personal Mindfulness Practice

Sunday

6:15 a.m.	Wake Up
6:30	Qi Gong
7:00	Sitting Meditation
8:00	Breakfast
9:20	Meditation Instruction & practical suggestions
10:30	Walking
10:50	Sitting
11:30	Walking
11:45	Sitting with Guided Practice
12:30 p.m.	Lunch & Packing
2:00	Sitting Meditation
2:45	Heart-Based Meditation
3:00	Closing Words
3:30	Departure

Go in Mindful Peace & Compassion.