

# Resting in the Natural Process of Quieting

## Retreat Schedule

January 31 – February 2, 2020

### Friday

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

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

### Saturday

6:15 a.m.	<b>Wake Up</b>
6:30	<b>Qi Gong<sup>1</sup></b>
7:00	<b>Sitting Meditation</b>
8:00	<b>Breakfast</b>
9:20	<b>Meditation Instruction &amp; practical suggestions</b>
10:30	<b>Walking</b>
10:50	<b>Sitting</b>
11:20	<b>Walking</b>
11:45	<b>Sitting with Guided Practice</b>
12:30 p.m.	<b>Lunch &amp; Individual Practice</b>

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<sup>1</sup> 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	<b>Guided Mindfulness with Breathing</b>
3:00	<b>Walking</b>
3:30	<b>Sitting</b>
4:15	<b>Walking</b>
4:45	<b>Sitting</b>
5:30	<b>Light Dinner &amp; Personal Practice</b>
6:45	<b>Sitting</b>
7:20	<b>Walking</b>
7:45	<b>Dhamma Talk with Q/A</b>
8:45	<b>Closing Meditation</b>
9:30 onward	<b>Personal Mindfulness Practice</b>

## **Sunday**

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

*Go in Mindful Peace & Compassion.*