

MEDITATION RETREAT
FINDING PEACE IN A DISTRACTED WORLD

Friday, October 18

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

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

Saturday, October 19

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 20

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

2:30 p.m.....Sitting, sharing Loving Kindness & closing reflections

3:30 p.m....Retreat Ends