

Retreat Schedule

Thursday, 25 April, 2019

TIME	ACTIVITY
5:00 PM	Check-In
5:45 PM	Orientation in Teaching Hall
6:00 PM	Dinner
7:30 PM	Introduction to Buddhism
9:00 PM	Personal time

Friday, 26 April, 2019

TIME	ACTIVITY
7:00 AM	Breakfast
8:00 AM	Personal time
9:00 AM	Meditation
10:00 AM	Morning Tea
1030 AM	Teaching: Karma
12:00 NOON	Lunch
1:00 PM	Personal time
3:00 PM	Teaching: Mental Afflictions
4:30 PM	Afternoon Tea
5:00 PM	Meditation
6:00 PM	Dinner
7:00 PM	Teaching: Working with Destructive States of Mind
9:00 PM	Personal time

Saturday, 27th April, 2019

TIME	ACTIVITY
7:00 AM	Breakfast
8:00 AM	Personal time
9:00 AM	Meditation
10:00 AM	Morning Tea
10:30 AM	Teaching: Impermanence
12:00 NOON	Lunch
1:00 PM	Personal time
3:00 PM	Teaching: Dissatisfaction
4:30 PM	Afternoon Tea
5:00 PM	Meditation
6:00 PM	Dinner
7:00 PM	Teaching: Reality
9:00 PM	Personal time

Sunday, 28 Jan, 2019

TIME	ACTIVITY
7:00 AM	Breakfast
8:00 AM	Personal time
9:00 AM	Meditation
10:00 AM	Morning Tea
1030 AM	Teaching: Freedom
12:00 NOON	Lunch
1:00 PM	Retreat closing reflections
1.30 PM	Group Clean