

Going Deeper

Meditation Retreat August 2 to 4

Friday night

700 to 715 introduction

730 to 900 sitting and walking meditation

Saturday

630 Optional outdoor walking meditation

7 to 815 Sitting and walking meditation; reading

815 to 930 Breakfast, lazy time

930 to 1100 Movement, Sitting and walking meditation

1115 to 1200 Walking meditation, outdoors if possible

1230 to 130 Lazy time, lunch

130 to 300 Movement, Sitting and Walking Mediation

315 to 430 Dharma Share

445 to 515 Sitting and Walking Mediation

530 Dinner, lazy time

7 to 8 Dharma Talk

8 to 9 Sitting and Walking Mediation

Sunday

630 Optional outdoor walking meditation

7 to 815 Sitting and walking meditation; reading

815 to 930 Breakfast and Lazy Time

930 to 1100 Movement, Sitting and Walking Meditation

1115 Closing Circle and Dharma Share

1230 lunch and Goodbyes