

## Weekend Retreat Schedule

### Friday, January 11

5:00 - 6:30pm	Registration
6:00 - 7:00pm	Light Dinner at IMCN* ( <b>commuters welcome</b> )
7:15 - 9:00pm	Introductions, Opening Talk, Practice
9:00pm	Rest

### Saturday, January 12

6:45am	Rising Bell
7:30 - 8:00am	Sit
8:00 - 9:00am	Breakfast* ( <b>commuters welcome</b> )
9:00 - 9:45am	Meditation Instruction and Sitting
9:45 - 10:30am	Walking Instructions and Walking
10:30 - 11:15am	Sit
11:15 - 11:45am	Walk
11:45 - 12:30pm	Sit
12:30 - 1:45pm	Lunch and Rest**
1:45 - 2:15pm	Walk
2:15 - 3:00pm	Sit
3:00 - 3:30pm	Walk
3:30 - 4:15pm	Sit
4:15 - 5:15pm	Walk, Yoga, Interview
5:15 - 6:00pm	Sit
6:00 - 6:45pm	Dinner*
6:45 - 7:15pm	Walk
7:15 - 8:15pm	Dharma Reflection
8:15 - 8:45pm	Walk
8:45 - 9:15pm	Sit
9:15pm	End of Day

### Sunday, January 13

6:45am	Rising Bell
7:15 - 7:45am	Sit
7:45 - 8:45am	Breakfast* ( <b>commuters welcome</b> )
8:45 - 9:30am	Sitting Meditation
9:30 - 10:15am	Walking
10:15 - 11:00am	Sitting
11:00 - 11:30am	Reflections and Closing

\*Those who have volunteered for Yogi jobs (washing, drying & kitchen cleanup) will also be performed at this time.

\*\*You may go back to the residence to rest, but please be back at IMCN by 2:00pm