Daily Retreat Schedule

PLEASE REMEMBER YOU CAN SHIFT POSITION OR STAND IN PLACE DURING ANY OF THE SITS. TIMES ARE APPROXIMATE.

Zendo Schedule		**Support Activities**
5:00 am	Wake-up	
5:30 - 6:00	Chanting	
6:00 - 7:00	Sit	
7:00 - 7:45	Sit / Walk	*7–7:45 am: Yoga, Qi Gong, Mindful Movement*
7:45 - 8:30	Sit	7:00 am - 8:30 am Online Support
8:30 - 9:30	Breakfast & Rest	
9:30 - 10:30	Sit or Walk	9:30 am – 12:15 pm Group Process
10:30 – 11:00	Sit	
11:00 – 11:15	Stretch Break	
11:15 – 12:00 pm	Sit / Walk	
12:00 – 12:30	Sit	
12:30 - 1:00	Sit	
1:00 - 3:00	Lunch & Rest	
		3-3:30 pm Yoga, Qi Gong, Mindful Movement
3:00 - 3:30	Sit/Walk	3:00 pm – 4:30 pm Online Support
3:30 - 4:15	Sit	
4:15 – 4:30	Stretch Break	
4:30 - 6:00	Sit	
6:00 - 7:15	Dinner & Rest	
7:15 - 7:45	Sit	
7:45 - 9:00	Dharma Talk	
9:00 - 9:15	Stretch Break	9:00 pm - 10:30 pm Online Support
9:15 - 10:00	Sit	or Private Interviews
10:00 pm	Sleep or Yaza (optional sitting)	