

Introductory Retreat Schedule

Friday

	3:30	Orientation and Tour of monastery	Vimalakirti Hall
	5:00	Mealtime Instruction	Skanda Hall
	5:15	Formal Medicine Meal	Skanda Hall
	5:50	Rest. Kitchen Clean-up help is welcome	
	6:45	Meditation Instruction & Short Meditation period	Buddha Hall
	8:15	Set-up hall for morning meditation. Rest, Quiet.	
	9:00	Lights Out <i>Please keep the Noble Silence until after Morning Service</i>	

Saturday

	5:30 am	Rising	
	6:00	Meditation, (20 min), Walking Meditation, (5 min), Meditation, (20 min)	Buddha Hall
	6:50	Short Morning Service	
	7:30	Questions & Answers. Coffee & tea are offered	Vimalakirti Hall
	8:45	Formal Breakfast	Skanda Hall
	9:30	Working Meditation	
	11:15	Meditation, 30 minutes	Buddha Hall
	12:00	Formal Lunch	Skanda Hall
	12:45	Rest period. Kitchen clean-up help is welcome. The Buddhist Supplies Shop is open.	
	2:30	Evening Service, Meditation, (30 minutes)	Buddha Hall
	3:30	Retreat Dharma Talk & Discussion	
	5:15	Formal Medicine Meal	Skanda Hall
	6:00	Rest. Kitchen clean-up help is welcome.	
	6:30	Dharma Discussion	Buddha Hall
	7:45	Meditation (20 min), Walking Meditation (5 min), Meditation, followed by Evening Office	
	9:00 pm	Lights Out <i>Please keep the Noble Silence</i>	

Sunday

	5:30 am	Rising	
	6:00	Meditation, (20 min), Walking Meditation, (5 min), Meditation, (20 min)	Buddha Hall
	6:50	Short Morning Service	
		Followed by brief Ceremonial Instruction	
	7:45	Quiet spiritual reading period	Vimalakirti Hall
	8:30	Formal Breakfast	Skanda Hall
	9:15	Dharma Talk	Vimalakirti Hall
	10:30	Sunday Ceremony followed by Dharma Talk	Buddha Hall
		Tea (with snack) follows Dharma Talk	Vimalakirti Hall or outside at picnic tables, weather permitting
	Approx. 12:30 pm	Buddhist Supplies Shop is Open during Tea	Lotus House
	Approx. 12:30 pm	Snack available in kitchenette	Vimalakirti Hall