

# Nine-Day Retreat Schedule

## Daily

7:00 am	Four Great Vows/27 bows
7:15	Orientation and Temple Rules (First day only) Morning Bell Chant Sitting Meditation
8:00	Breakfast
8:30–9:15	Work Period
9:15–9:45	Student's Choice*
9:45–12:15 pm	Sitting, Walking and Interviews
12:15	Lunch
12:45–1:45	Student's Choice*
1:45–4:15	Sitting, Walking and Interviews
4:15–5:00	Student's Choice*
5:00	Dinner
5:30–6:00	Student's Choice*
6:00	Kwan Seum Bosal Chanting
6:15	Regular Evening Chanting
6:45	Walking and Sitting Meditation
8:30	Four Great Vows

## Last Day:

7:00 am	Four Great Vows/27 bows
7:15	Morning Bell Chant Sitting Meditation
8:00	Breakfast
8:30–9:15	Work Period
9:15–9:45	Student's Choice*
9:45	Sitting, Walking and Interviews
11:20	Two Chants & Four Great Vows
11:30	Circle Talk/Group Cleanup
Noon	Retreat Ends

\* Student's Choice = Extra sitting, bowing, stretching, chi kung, work period or rest break.