West Coast Weekend Retreat Schedule

Friday

5:00pm	Welcome, Orientation, Opening Practice
6:30pm	Dinner Break
7:30pm	Small Groups
8:30pm	Loving Kindness Practice

Saturday

7:15am	Mindful Movement + Meditation
8:00am	Eating Meditation
8:15am	Breakfast Break
9:15am	Morning Meditation Program
11:30am	Small Groups
12:30pm	Lunch
2:15pm	Meditation
2:45pm	Optional Workshops or Extended Practice
4:15pm	Yoga
5:00pm	Meditation
5:30pm	Dinner
7:00pm	Evening Meditation Program
8:15pm	Small Groups
9:15pm	Meditation

Sunday

7:15am	Mindful Movement + Meditation
8:00am	Eating Meditation
8:15am	Breakfast Break
9:15am	Morning Meditation Program
11:30am	Small Groups
12:30pm	Lunch
1:30-3pm	Closing Circle