

Winter Retreat Daily Schedule

Session one

6:00 - 6:45am Qigong

6:45 - 7:30am Silent sitting practice

7:30 - 8:00am Dharma reading and discussion

8:00 - 10:00am *Breakfast, Yoga, Morning Walk*

Session two Best to come 10:00-12:00

10:00 - 11:00am Opening prayers, Anapanasati

11:00 - 12:00pm Jhanas, Long Life prayers

12:00 - 2:00pm *Lunch, Walk, Rest*

Session three

2:00 - 3:00pm Zapchen practice, nap

3:00 - 4:00pm Silent sitting practice

4:00 - 5:00pm Tong-Len, Metta/Loving Kindness practice
Closing prayers

5:00 - 6:00pm *Light Dinner*

Session four

6:00 - 7:00pm Group Dreamwork

7:00 - 8:00pm Silent sitting practice

8:00 - 9:00pm Silent sitting practice

Dream Yoga