



One-Day Retreat Schedule

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| 9:00 | Orientation to the retreat |
| 9:30 | Sitting, walking, exercise |
| 12:00pm | Lunch followed by mindful work practice, personal time |
| 1:15 | Preparation Bell |
| 1:30 | Sitting, walking, exercise |
| 5:00 | Dharma talk |
| 6:00 | Conclusion Ritual of Gratitude and Transferring Merit |