

Schedule

*	5:45	Wake up bell
**	6:15	Sitting
	7:00	Walking Meditation
*	7:15	Sitting
*	8:00	Breakfast
**	9:30	Sitting
	10:30	Walking Meditation
*	11:00	Instructions, Q&A and Guided Meditation
*	12:30	Lunch
**	2:15	Sitting, Walking or Interview with teacher
*	2:45	Sitting, Walking or Interview with teacher
*	3:15	Sitting, Walking or Interview with teacher
*	3:45	Sitting, Walking or Interview with teacher
*	4:15	Sitting, Walking or Interview with teacher
*	4:45	Sitting, Walking or Interview with teacher
*	5:15	Sitting, Walking or Interview with teacher
*	5:45	Lite Meal
**	7:00	Sitting
	7:45	Walking
*	8:00	Dharma Talk
	9:00	Metta & late night sitting

(* indicates bell at given time)

(** indicates bell 7 minutes before start)