

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
** 2:20	Sitting, Walking or Interview with teacher
* 3:00	Sitting, Walking or Interview with teacher
* 3:20	Sitting, Walking or Interview with teacher
* 4:00	Sitting, Walking or Interview with teacher
* 4:20	Sitting, Walking or Interview with teacher
* 5:00	Sitting 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)