

# Practice Schedule 2016

All participants are required to be present and seated in the meditation hall for the 5:30 AM and 6:00 PM group sessions. Daily self-directed training is to be practiced individually as instructed by Bhante. Indoor and outdoor sitting and walking spaces are available throughout the Center. A daily teacher interview will be scheduled for each person beginning on the second day of the retreat and everyday thereafter.

## **FIRST DAY**                      **Wednesday, March 23, 2016**

|             |                                     |        |
|-------------|-------------------------------------|--------|
| 3:00 - 4:30 | Onsite check-in and room assignment |        |
| 5:00 - 6:00 | Dinner and general orientation      | (Bell) |
| 6:15 - 8:00 | Introduction to the retreat         |        |
| 8:00-       | Bedtime or further practice         |        |

## **DAILY**                              **Thursday, March 24 – Friday, March 31, 2016**

|          |  |        |
|----------|--|--------|
| 5:00 am  | Wake up                                    | (Bell) |
| 5:25 am  | Assemble in Meditation Room                | (Bell) |
| 5:30 am  | Precepts with sitting and walking practice |        |
| 7:00 am  | Breakfast                                  | (Bell) |
| 8:00 am  | Sitting and walking meditation             |        |
| 11:00 am | Lunch                                      | (Bell) |
| 12:00pm  | Rest time                                  |        |
| 1:00 pm  | Sitting and walking meditation             |        |
| 5:30 pm  | Tea time                                   | (Bell) |
| 6:00 pm  | Dhamma talk and discussion                 |        |
| 5:25 am  | Assemble in Meditation Room                | (Bell) |
| 8:00 pm  | Sitting and walking meditation             |        |
| 10:00 pm | Further practice or sleep                  |        |

## **LAST DAY**                      **Friday, April 1, 2016**

|          |  |        |
|----------|--|--------|
| 5:00 am  | Wake up                                  | (Bell) |
| 5:25 am  | Assemble in meditation room              | (Bell) |
| 5:30 am  | Five precepts, meditation, and closing   |        |
| 7:00 am  | Breakfast, group photos, and social time |        |
| 10:00 am | Departure                                |        |