

Friday

3:00-5:00 pm | Check-in
5:30 pm | Orientation
6:00 pm | Supper
6:30 pm | Clean-Up
7:00 pm | Introductions
7:15 pm | Discourse
8:15 pm | Break
8:30 pm | Silent Sitting
9:00 pm | Silent Sitting Ends

Saturday

8:30 am | Silent Sitting
9:00 am | Break
9:20 am | Guided Meditation
9:50 am | Break
10:00 am | Discourse
11:20 am | Break
11:30 am | Silent Sitting
12:00 pm | Lunch/Break
3:00 pm | Silent Sitting
3:30 pm | Break
3:40 pm | Dialogue
5:10 pm | Break
5:20 pm | Silent Sitting
6:00 pm | Supper/Break
8:00 pm | Fire Circle

(weather permitting)

Sunday

8:30 am | Silent Sitting
9:00 am | Break
9:15 am | Remaining Inquiries
10:40 am | Break
10:50 am | Silent Sitting
11:15 am | Break
11:25 am | Closing Circle
12:00 pm | Lunch/ Clean-Up
1:00 pm | Retreat Ends