

Weekend Meditation Retreat Schedule

All retreats are self-directed, therefore you are free to sit as much or as little of the schedule as you feel is right for you.

Friday

1:00pm-3:00pm Arrival, tea and snack
3:00pm-3:30pm Welcome talk & logistics
3:30pm-4:00pm Guided Meditation Sit
4:00pm-4:30pm Sit
4:30pm-5:30pm Group Process
5:30pm-6:00pm Break
6:00pm-6:45pm Dinner
6:45pm-7:15pm Rest
7:15pm-8:00pm Sit
8:00pm-8:30pm Sit
8:30pm-9:00pm Sit
9:00pm-10:00pm Group Process

(Yaza Starts)

10:00pm-10:30pm Meditation with sound
10:30pm-11:00pm Sit
11:00pm-11:30pm Sit
11:30pm-12:00am Sit

Saturday

12:00am-12:30am Sit
12:30am-1:00am Sit
1:00am-1:15am Break
1:15am-1:45am Snack in dining room
1:45am-2:00am Break
2:00am-2:30am Sit
2:30am-3:00am Sit
3:00am-3:30am Sit
3:30am-4:00am Sit
4:00am-4:30am Sit
4:30am-5:00am Sit
5:00am-5:30am Break/ Wake-up bell
5:30am-6:00am Chanting
6:00am-6:30am Sit with Guided Meditation
6:30am-7:00am Sit
7:00am-7:30am Sit

7:30am-8:00am Break
8:00am-9:00am Breakfast
9:00am-10:30am Group Process/ Talk
10:30am-11:00am Sit
11:00am-11:30am Sit
11:30am-12:00pm Sit
12:00pm-12:30pm Break
12:30pm-1:30pm Lunch
1:30pm-2:30pm Rest
2:30pm-3:00pm Sit
3:00pm-3:30pm Sit
3:30pm-4:30pm Sit
4:30pm-5:00pm Sit
5:00pm-5:30pm Gong Savasana
5:30pm-6:00pm Rest
6:00pm-7:00pm Dinner
7:00pm-7:30pm Rest
7:30pm-8:30pm Sit
8:30pm-8:45pm Break
8:45pm-10:00pm Talk and Group Process
10:00pm Sleep

Sunday

5:00am-5:30am Wake-up bell
5:30am-6:00am Chanting
6:00am-6:30am Sit
6:30am-7:00am Sit
7:00am-8:00am Group Process, Closing Talk
8:00am-8:15am Break
8:15am-9:30am Breakfast
9:30am-11:00am Packing/ socializing
11:00am-12:00pm Departure