

Awakening the Four Immeasurables and Innate Wisdom

with Dawn Barie -- July 19-21st, 2019

Friday, July 19th

3:30-5:00pm Arrival and Registration
6:00-7:15pm Dinner
7:30-8:15pm Opening Talk
8:15-8:45pm Sitting meditation with guided instruction
8:45pm Rest

Saturday, July 20th

6:30am Wake up
7:00-7:25am Meditation
 Meal Set Up
7:30-8:45am Breakfast
8:45-9:45am Instruction & Guided meditation
9:45-10:15am Walking meditation (with instruction)
10:15-11:15am Q & A and sitting meditation
11:15-11:35am Dharma Talk
11:35- 11:55pm Compassionate Eating Exercise1
11:55 Meal Set Up
12-2:00pm Lunch and Personal Time (rest)
2-2:30pm Sitting meditation
2:30-3pm Walking meditation
3-3:30pm Sitting meditation
3:30-4pm Walking meditation
4-5pm Dharma Talk (& complete meditation evaluation)
5-6pm Sitting or walking meditation or personal time
5:55 Meal Set Up
6-7:15pm Dinner
7:15-7:30pm Dana Talk
7:30-8:00pm Sitting meditation
8-8:30pm Walking meditation
8:30-9pm Guided meditation on Loving Kindness
9:00pm Rest or further practice

Sunday, July 21st

6:00 am Wake up
6:20am Bring chairs down to labyrinth
6:30-7:30am Sitting meditation @ labyrinth
7:25 Meal Set Up
7:30-8:15am Breakfast
8:15-9:15am Room and center clean-up
9:15-11:00am Sitting meditation (complete retreat eval) and Closing Candlelight Ceremony
11:00am Tea

