

3 Day Meditation Retreat Schedule

Meditation for World Peace

Teaching Monk: Venerable Manikanto

June 14 – 16, 2019

Friday, June 14

3:30-5:00 pm - Arrival & registration

6:00-7:15 pm – Dinner**

7:30-8:15 pm - Introduction to Meditation/Dharma Talk #1 (45 mins)**

8:15-8:45 pm - Meditation (with instruction, 30 min sit)

8:45 pm - Rest or further practice

Saturday, June 15

6:30 am - Wake up**

7:00-7:30 am – Meditation**

7:30-8:45 am - Breakfast

8:45-9:45 am - Meditation (1 hr total – 10 min intro or brief guidance, 45 min silence, brief loving kindness at the end)**

9:45-10:15 am - Walking meditation (with instruction)

10:15-11:00 am - Dharma Talk #2 or Q&A (45 mins)**

11-1pm – Lunch & Rest

1:00-1:30 pm – Meditation**

1:30-2:00 pm - Walking meditation

2:00-2:30 pm – Meditation**

2:30-3:00 pm - Walking meditation

3:00-4:00 pm - Dharma Talk #3 (1 hr)**

4:00-6:00 pm – Sitting/walking meditation, Gentle Stretching with Megrez (4:00-4:30), or personal time

6:00-7:15 pm – Dinner**

7:15-7:30 pm - Dana talk**

7:30-8:00 pm – Meditation

8:00-8:30 pm - Walking meditation

8:30-9:00 pm – Meditation & short dharma before nighttime

9:00 pm - Rest or further practice

Sunday, June 16

6:30 am - Wake up

7:00-7:30 am- Meditation

7:30-8:15 am - Breakfast

8:15-9:15 am - Room and center clean-up**

9:15-11:00 am - Sitting meditation and closing Candlelight Meditation for World Peace**

11:00 am – Tea

** Bell will be rung about ten minutes before this session starts.