

## **Transforming Suffering Into the Brightness of Wisdom with Venerable Pannavati August 16-18, 2019**

### **Friday, August 16th**

3:30-5:00pm      Arrival and Registration  
6:00-7:15pm      Dinner  
7:30-8:15pm      Opening Talk  
8:15-9:00pm      Sitting Meditation Instruction  
9:00pm            Yoga Nidra then Rest

### **Saturday, August 17th**

6:30am            Wake up  
7:00-7:30am      Meditation  
7:30am            Meal Set Up  
7:45-8:45am      Breakfast  
8:45-9:30am      Instruction & Meditation  
9:30-9:45am      Stretch/Break  
9:45-10:45am     Sitting Meditation / Question & Answer  
10:45-11:15am    Walking Meditation / Break  
11:15-12:45pm    Dharma Talk  
12:45pm          Meal Set Up  
1:00-3:00pm      Lunch and Personal Time (rest)  
3:00-3:30          Optional Gentle Movement & Stretching  
3:30-4:00pm      Sitting Meditation  
4:00-5:30          Discussion  
5:30-5:45          Sitting or Walking Meditation / Personal Time  
5:45pm            Meal Set Up  
6:00-7:15pm      Dinner  
7:15-7:30pm      Dana Talk  
7:30-8:15pm      Question & Answer Period  
8:15-8:45pm      Sitting Meditation  
8:45pm            Yoga Nidra then Rest

### **Sunday August 16th**

6:00 am            Wake up  
6:20 am            Bring chairs down to labyrinth (remain in hall if rain)  
6:30-7:15am      Sitting Meditation @ labyrinth (remain in hall if rain)  
7:15am            Meal Set Up  
7:30-8:15am      Breakfast (complete retreat eval)  
8:15-9:15am      Room and Center clean-up  
9:15-11:00am     Sitting Meditation and Closing