



Spring 2018 Retreat With Therese Fitzgerald

Wednesday, April 25

- 3:30 - 5 Arrival & check-in
- 5:00 Bell Instructions
- 6:00 Supper (*Silent first 15 minutes*)
- 7:30 Dharma talk
- 8:30 Walking and sitting
Meditation
- 9:00 End of day

Sunday, April 29

- 6:30 Wake-up bell
- 7:00 Sitting and walking meditation
- 8:30 Breakfast
- 9:15-9:45 Clear out rooms and load
cars
- 9:45 Dana Talk
- 10:00 Dharma talk
- 11:00 Closing circle
- 12:00 Lunch (*silent first 15 minutes*)
- 1:00 End of retreat

Thursday-Friday, April 26-27

- 6:30 Wake-up bell
- 7:00 Sitting and walking meditation
- 8:30 Breakfast
- 10:00 Dharma talk
- 11:00 Outdoor walking meditation
- 12:15 Lunch
Rest, Study, Hiking
- 2:00 Optional Sitting and walking
meditation
- 3:00 Dharma discussion groups
- 4:30 Yoga (meditation hall)
- 5:30 Supper
- 7:30 Sitting and walking meditation
- 9:00 End of day

Saturday, April 28

- 6:30 Wake-up bell
- 7:00 Sitting and walking meditation
- 8:30 Breakfast
- 10:00 Dharma talk
- 11:00 Outdoor walking meditation
- 12:15 Lunch
Rest, Study, Hiking
- 2:00 Optional Sitting and walking
meditation
- 3:00 Dharma discussion groups
- 4:30 Yoga (meditation hall)
- 5:30 Supper
- 7:30 Sitting and walking meditation
- 8:00 Precepts Ceremony
- 9:00 End of day