

Standard Private Retreat Schedule

Unless other arrangements have been agreed, please come to all temple events and meditation periods. Unscheduled time can be used for additional meditation or walking meditation, study, meeting with teachers, volunteer work or relaxing. Please consider helping in the kitchen from 11-11:30 and after each meal. All Saturday and Sunday classes are recommended in lieu of meditation.

Daily Temple Schedule

5:00am Morning Chants and Meditation (chanting at 5:30)
6:30 Breakfast offering

8:00 – 9:00 Temple Cleaning

11:15 Lunch Offering

7:00 – 8:00 Meditation (Sunday only)
8:00 Evening Chants (not Sunday)

Additional Retreatant Schedule

10:00- 11:00 Meditation (not Saturday)

2:00 – 3:00 Meditation (not Sunday)
3:00 Check-in, Q&A, discussion

6:00 – 7:00 Meditation (not Sunday)

Saturday Morning

9:00 – 11:00am Meditation and Discussion

Sunday Afternoon

2:00 – 3:30pm Sutta Discussion

4:30 – 6:00 introduction to Buddhism (intermittent)

Meditation and chanting are in the Dhamma Hall, Sunday afternoon classes are in the Dining Hall.