

Standard Private Retreat Schedule

Please come to all temple events and classes in lieu of this schedule. Unscheduled time can be used for study, additional meditation or walking meditation, meeting with teachers, volunteer work or rest.

Temple Schedule	Additional Schedule for Retreatants
5:30 am	Morning Chants and Meditation
6:30	Breakfast offering + Breakfast and kitchen cleanup
8:00 – 9:00	Temple Cleaning
	9:30- 10:10 Seated meditation
	10:30 Kitchen help
11:15	Lunch Offering + Lunch and kitchen cleanup
	2:00 – 2:40 Seated meditation
	3:00 Check-in, Q&A
	4:30 – 5:30 Temple maintenance
6:30 – 7:30	Seated meditation (<i>not Sunday</i>)
8:00 pm	Evening Chants (<i>not Sunday</i>)

Sunday

7:00 – 8:00 Group seated meditation

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