

# Daily Retreat Schedule

PLEASE REMEMBER YOU CAN SHIFT POSITION OR STAND IN PLACE DURING ANY OF THE SITs.  
TIMES ARE APPROXIMATE. SEE OVER FOR EXCEPTIONS TO DAILY SCHEDULE.

**Monday, November 11 - Saturday, November 16, 2019**

## Zendo Schedule

5:00 am	Wake-up
5:30 - 6:00	Chanting
6:00 - 7:00	Sit
7:00 - 7:30	Sit or Walk
7:30 - 8:00	Sit
8:00 - 9:15	Breakfast & Rest
9:15 - 10:00	Sit or Walk
10:00 - 10:45	Sit
10:45 - 11:00	Stretch Break
11:00 - 11:30	Sit
11:30 - 12:00 pm	Sit or Walk
12:00 - 2:00	Lunch & Rest

2:00 - 2:30	Sit
2:30 - 3:00	Sit
3:00 - 3:30	Sit or Walk
3:30 - 4:15	Sit
4:15 - 4:30	Break
4:30 - 5:30	Sit
5:30 - 6:45	Dinner & Rest

6:45 - 7:30	Sit
7:30 - 9:00	Dharma Talk
9:00 - 9:15	Stretch Break
9:15 - 10:00	Sit
10:00 pm	Sleep or Yaza (optional sitting)

## Support Activities

(4<sup>th</sup> Floor Classroom unless noted)

7 - 8 am Yoga/Qi Gong/Mindful Movement

7 - 8:30 am: Online Support: Shinzen  
2<sup>nd</sup> Floor near Shinzen's Rm. #209  
Office Hours: Har-Prakash  
Rm. #201

9:15 am - 11:00 am

\* Full Grid Technique Instruction - Shinzen  
\*\* Core Technique Instruction - Har-Prakash  
(St. John of the Cross Room - main level)

11:15 am - 12:00 pm

AMA (Ask Me Anything) for all - Shinzen

2 - 2:30 pm: Yoga/Qi Gong/Mindful Movement

3 - 4:30 pm: Online Support: Shinzen  
2<sup>nd</sup> Floor near Shinzen's Rm. #209  
Office Hours: Har-Prakash  
Rm. #201

9 - 10:30 pm: Online Support: Shinzen  
2<sup>nd</sup> Floor near Shinzen's Rm. #209  
Office Hours: Har-Prakash  
Rm. #201

\* Familiarity with techniques as newcomer/first timer instruction will NOT be available

\*\* Basic techniques taught to those not familiar with techniques or those who haven't attended a retreat for some time.

# First and Last Day Schedule

PLEASE REMEMBER YOU CAN SHIFT POSITION OR STAND IN PLACE DURING ANY OF THE SITS.

TIMES ARE APPROXIMATE. SEE OVER FOR DAILY SCHEDULE.

## First Day - Sunday, November 10, 2019

### Zendo Schedule

### Support Activities

(4<sup>th</sup> Floor Classroom unless noted)

4:00 pm-5:30	Registration	
5:30 - 6:15	Meet & Greet Dinner	Dining Hall
6:30 - 7:30	Social Time/Meet with Newcomers	Lounge
7:30 - 8:00	Sit (optional)	
8:00 - 9:00	Welcome & Orientation	
9:00 - 9:15	Stretch Break	
9:15 - 10:00pm	Sit	<i>* Newcomer Meeting - Shinzen &amp; Har-Prakash</i>

\* A Newcomer in this context means anyone who has not previously done a residential retreat with Shinzen, anyone needing a 'jump start', or anyone who hasn't attended a retreat for some time. Facilitators also welcome.

## Last Day - Sunday, November 17, 2019

5:00 am	Wake up	
5:30 - 6:00	Chanting	
6:00 - 7:00	Sit	7 - 8 am Yoga/Qi Gong/Mindful Movement
7:00 - 7:30	Sit or Walk	
7:30 - 8:00	Sit	7 - 8:30 am: <u>Online Support: Shinzen</u>
8:00 - 9:15	Breakfast	2 <sup>nd</sup> Floor near Shinzen's Rm. #209
9:15 - 11:45	Wind Down & Talking Circle	<u>Office Hours: Har-Prakash</u>
12:00 pm	Lunch and Retreat Ends	Rm. #201