

First and Last Day Schedule

EASTERN TIME ZONE IN NORTH AMERICA

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

First Day - Sunday, November 15, 2020

Zendo Schedule

Room Link: TBA

Support Activities

6:30 - 7:30	Social Time/Meet with Newcomers
7:30 - 8:00	Sit (optional)
8:00 - 9:00	Welcome & Orientation
9:00 - 9:15	Stretch Break
9:15 - 10:00pm	Sit

9-10:30pm

*** Newcomer Meeting with
Shinzen & Meg - Room Link: TBA**

* 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 22, 2020

Zendo Schedule

Room Link: TBA

Support Activities

Room Link for Shinzen: TBA

Room Link for Meg: TBA

5:30 - 6:15	Sit
6:15 - 7:00	Sit
7:00 - 7:30	Sit or Walk
7:30 - 8:00	Sit
8:00 - 9:15	Breakfast

[Chant with Shinzen on YouTube](#)

7-7:30am: Yoga/Mindful Movement at home or TBA

7 - 8:30 am: Interviews with Shinzen/Meg
Sign up Forms - Link TBA

9:30 - 12:00	Wind Down & Talking Circle
12:00 pm	Retreat Ends

Daily Retreat Schedule

EASTERN TIME ZONE IN NORTH AMERICA

Monday, November 16 - Saturday, November 21, 2020

Zendo Schedule

Room Link: TBA

5:30 - 6:15 am	Sit
6:15 - 7:00	Sit
7:00 - 7:45	Sit or Walk
7:45 - 8:30	Sit
8:30 - 9:30	Breakfast & Rest
9:30 - 10:30	Sit or Walk
10:30 - 11:00	Sit
11:00 - 11:15	Stretch Break
11:15 - 12:00 pm	Sit or Walk
12:00 - 12:30	Sit
12:30 - 1:00	Sit
1:00 - 3:00	Lunch & Rest
3:00 - 3:30	Sit
3:30 - 4:15	Sit
4:15 - 4:30	Break
4:30 - 6:00	Sit
6:00 - 7:15	Dinner & Rest
7:15 - 7:45	Sit
7:45 - 9:00	Dharma Talk
9:00 - 9:15	Stretch Break
9:15 - 10:00	Sit
10:00 pm	Sleep/Yaza

Support Activities

Room Link for Shinzen: TBA

Room Link for Meg: TBA

[Chant with Shinzen on YouTube](#)

7-7:30am: Yoga/Mindful Movement at home

7 - 8:30 am: Interviews with Shinzen/Meg
Sign up LINKS: TBA

9:15 am - 11:00 am
* Full Grid Technique Instruction - Shinzen
** Core Technique Instruction - Meg
11:15 am - 12:00 pm
AMA (Ask Me Anything) for ALL - Shinzen

3-3:30 pm Yoga/Mindful Movement at home or TBA

3 - 4:30 pm: Interviews with Shinzen/Meg
Sign up LINKS: TBA

9 - 10:30 pm: Interviews with Shinzen/Meg
Sign up LINKS: TBA

* Familiarity with Full Grid Techniques as Newcomer/First timer instruction will NOT be available

** Core Techniques taught to those not familiar with the Full Grid or those who haven't attended a retreat for some time.