

## Schedule of the retreat

### Friday July 24

- 3pm to 6pm: registration
- 6pm to 7pm: dinner
- 7pm to 9pm: Introduction and meditation (beginning of silence)

### Saturday July 25

- 4:45-5:15am: 8 Mahayana Precepts (*optional*)
- 5:15-5:30am: Tea
- 5:30-6:00am: Prostrations to the 35 Confession Buddhas (*optional*)
- 6:00-6:30am: Break
- 6:30-7:30am: Session
- 7:30-8:30: Breakfast (for those not on Precepts)
- 8:30-9:00am: Break
- 9:00-11:15am Sessions of meditation, walking meditation with stretch break
- 11:15am-12:00pm: Lunch
- 12:00-1:30pm: Break
- 1:30-2:30pm: Discussion/Q&A
- 2:45-5:00pm: Sessions of meditation, walking meditation with stretch break
- 5:00-5:45pm Yoga/Stretching (*optional*)
- 6:00-7:00pm: Dinner (for those not on Precepts)
- 7:00-8:30pm: Vajrasattva Practice

### Sunday July 26

- 6:15-7:00am: Session
- 7:00-7:30am: Tea
- 7:30-8:00am: Session
- 8:00-9:00am: Breakfast
- 9:00-10:30am Session
- 10:30-11:00am Break, bathroom, tea, journalling, etc.
- 11:00am-12:00pm Final Session
- 12:00-1:00pm: lunch (end of silence)