

Schedule of the retreat

Friday April 14

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

Saturday April 15

- 5:15-5:45am: 8 Mahayana Precepts (optional)
- 5:45-6:15am: Tea
- 6:15-6:45am: Prostrations to the 35 Confession Buddhas (optional)
- 6:45-7:15am: Break
- 7:15-8:00am: Session
- 8:00-9:00: Breakfast (for those not on Precepts)
- 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 April 16

- 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
- 11:00am-12:00pm Final Session
- 12:00-1:00pm: Lunch (end of silence)