

Schedule of the retreat

Friday April 27

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

Saturday April 28

- 5:15-5:45am: 8 Mahayana Precepts (optional)
- 5:45-6:00am: Tea
- 6:00-6:30am: Prostrations to the 35 Confession Buddhas (optional)
- 6:30-7:00am: Break
- 7:00-8:00am: 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
- 12:00-1:00pm: Break
- 1:00-2:30pm: Discussion/Q&A
- 2:30-3:00pm: Break
- 3:00-5:00pm: 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 28

- 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)