

Retreat Schedule

Friday, 6/6

4:00 - 7:00 pm
5:00 - 5:45 pm
6:00 - 7:00 pm
7:30 - 9:00 pm

Check-In
Dinner
Wishfulfilling Jewel Tsog Puja
Introduction

Saturday, 6/7

6:30 - 8:00 am
8:30 - 10:00 am
10:00 - 11:00 am
11:00 am - 12:15 pm

- silence begins -
Breakfast
Retreat Session 1
Break
Retreat Session 2
- silence ends -

12:15 - 3:00 pm
3:00 - 4:30 pm
4:30 - 5:30 pm
5:30 - 7:00 pm
7:30 - 8:30 pm

Lunch/Break
Retreat Session 3
Break
Offering to the Spiritual Guide Puja
Dinner

Sunday, 6/8

6:30 - 8:00 am
8:30 - 10:00 am
10:00 - 11:00 am
11:00 am - 12:15 pm

- silence resumes -
Breakfast
Retreat Session 1
Break
Retreat Session 2

- silence ends -

12:15 - 3:00 pm
3:00 - 4:30 pm
4:30 - 5:15 pm
5:15 - 6:45 pm
7:00 - 8:30 pm

Lunch/Break
Retreat Session 3
Break
Retreat Session 4
Dinner

Monday, 6/9

6:30 - 8:00 am
8:30 - 10:00 am
10:00 - 11:00 am
11:00 am - 12:30 pm

- silence resumes -
Breakfast
Retreat Session 1
Break
Retreat Session 2

- silence ends -

12:30 - 2:00 pm

Bagged lunch set out & check out