

# SCHEDULE

Tuesday

- 2:00 Arrival and settling
- \* 4:00 Orientation and short sitting
- 5:30 Light dinner
- \* 6:45 Walking
- \* 7:30 Sitting
- 8:15 Hot drink
- \* 8:45 Guided sitting
- 9:30 Rest or optional sitting/walking

Please take time to settle into your room  
and find a place in the Meditation Hall  
and take care of any business  
so you can be fully present for the Opening at 4:00.

\*\* Ring bell at the time indicated

\* Begin ringing bell 10 minutes before time indicated

Unless indicated during the course, this retreat is practiced in silence.  
Physical practice is self-directed unless otherwise noted  
Interviews with Michael available at select times during the day (this will be  
discussed at orientation).

May this retreat be for the benefit of all beings!

## SCHEDULE

Wednesday, Thursday

**	6:00	Wake-up
*	6:45	Sitting
	7:30	Breakfast
*	(8:15	work instructions Tuesday only)
*	8:30	Work meditation
**	9:15	End of work period, clean up
*	9:30	Instructions and sitting
	10:30	Walking
*	11:15	Physical Practice(s) – Self Guided in Silence
**	12:30	Lunch
*	2:30	Sitting
	3:15	Walking
*	4:00	Dharma talk
	4:45	Walking or Sitting
**	5:30	Light dinner
*	6:45	Walking
*	7:30	Sitting
	8:15	Hot Drink
*	8:45	Guided sitting
	9:30	Rest or optional sitting/walking/standing

\*\* Ring bell at the time indicated

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Interviews with Michael available at select times during the day.

## SCHEDULE

Friday

**	6:00	Wake-up
*	6:45	Sitting
	7:30	Breakfast
*	8:15	Work
*	8:30	Work meditation
**	9:15	End of work period, clean up
*	9:30	Instructions and sitting
	10:30	Walking
*	11:15	Physical Practice(s)
**	12:30	Lunch
*	2:30	Sitting
	3:15	Walking
*	4:00	Free Time
**	5:30	Light dinner
*	6:45	Walking
*	7:30	Sitting
	8:15	Free Time
*		
	10:00	Sitting, Walking, New Years Practices until 12:30pm

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Interviews with Michael available at select times during the day.

## SCHEDULE

### Saturday

**	6:00	Wake-up
*	6:45	Sitting
	7:30	Breakfast
*	8:30	Work meditation
**	9:15	End of work period, clean up
*	9:30	Bringing Practice Home
	10:30	Closing Council
**	12:00	Ending Practice
	12:30	Lunch and ending of silence
	2:00	Heading home

\*\* Ring bell at the time indicated

\* Begin ringing bell 10 minutes before time indicated