

# Daily Schedule for the Special Retreat

3:00 Wake up

3:30 Walking meditation

4:00 Sitting meditation

4:45 Metta chanting

5:00 Line up for lunch

5:30 Eat breakfast

7:00 Sitting meditation

8:00 Walking meditation

9:00 Sitting meditation

10:00 Line up for lunch

10:30 Eat lunch

12:00 Shower or walking meditation

1:00 Sitting meditation

2:00 Walking meditation

3:00 Sitting meditation

4:00 Walking meditation

4:45 Juice

5:00 Shower or personal time

5:45 Line up for dhamma talk

6:00 Dhamma talk

7:00 Walking meditation

8:00 Sitting meditation

8:45 Metta chanting

9:00 Return to room, additional practice optional