Dassanāya Buddhist Community

A Life of Embodied Intention: the Role of Choice and Action on the Path

Saturday, March 7 - Saturday, March 14, 2026

Opening Day

3:00 - 5:30 pm	Registration
5:30 pm	Dinner/ Kitchen Orientation
7:00 pm	**Program Opening[1] (Dharma Hall, "DH")**

Middle Days

6:00 am	Wake-up Bell
6:45 - 7:30 am	**Silent meditation and morning chanting (DH)**
7:30 - 8:00 am	Breakfast
9:00 - Noon	**Morning practice (DH)**
	9:00 - 9:45 Guided meditation
	9:45 - 10:15 Walking meditation
	10:15 - 10:45 Dhamma talk / Guided meditation
	10:45 - 11:15 Walking meditation
	11:15 - Noon Silent meditation
Noon - 12:30 pm	Lunch
2:00 - 5:00 pm	**Afternoon practice (DH, circle location TBD)**
	2:00 - 2:45 Guided meditation
	2:45 - 3:15 Walking meditation
	3:15 - 4:15 Practice encounter / Sharing circles
	4:15 - 5:00 pm Silent meditation
5:00 - 5:30 pm	Dinner
7:00 - 9:00 pm	**Evening practice (DH)**
	7:00 - 7:45 Guided meditation
	7:45 - 8:15 Walking meditation
	8:15 - 9:00 Evening chanting and silent meditation

[1] Noble Silence Schedule: This program includes dedicated periods of both wise speech and noble silence. Please maintain silence from the start of evening sitting through the morning sitting and lunch. There will be optional contemplative exercises involving mindful speaking and listening in the afternoons.

Closing Day

6:00 am	Wake-up Bell
6:45 - 7:30 am	**Meditation (DH)**
7:30 - 8:00 am	Breakfast
9:00 - 11:00	**Closing Dhamma talk and full group sharing circle (DH)**
11:00 - 11:30	**Closing ceremony (DH)**
Noon	Lunch