

# 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<sup>1</sup> (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**

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<sup>1</sup> 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