

Mindfulness Weekend Retreat

Please let the retreat leaders know if you are unable to follow the schedule completely.

Saturday

5:45am - wake up bell

coffee available in dining hall

6:30am – mindful movement

7:10am – sitting

7:55am – walk to dining hall

8:00am – silent breakfast & break

9:30am – sitting

10:00am – walking

10:15am – body scan

10:45am – walking

11:00am – reflections on mindfulness

11:45am – walking

12:15pm – mindful movement

12:25pm – walk to dining hall

12:30pm – silent lunch & longer break

2:30pm – mindful movement

3:00pm – sitting

3:30pm – walking

4:00pm – sitting

4:30pm – walking together

5:00pm – sitting

5:25pm – walk to the dining hall

5:30pm – silent dinner & break

7:00pm – sitting

7:30pm – walking

7:45pm – cultivation practice

8:30pm – dedication / closing poem

Friday Opening

4:00pm - arrivals, registration (dining hall), settle into cabins, meditation gear to meditation hall

6:00pm – informal dinner (dining hall)

6:30pm – chore orientations

7:00pm – retreat orientation (dining hall)

8:00pm - start silence, meet in meditation hall

9:00pm – close

Sunday Closing

(early morning as Saturday,
plus packing your sack lunch after
breakfast)

9:30am – sitting / reflection

10:00am – closing process & debrief

11:00am – sharing circle

11:15am – cabin cleaning & packing

12:00pm – goodbyes

(sack lunch to go)