

Sample Retreat Schedule

Arrival Day

- 3:00 pm - 5:00 pm** – Check-in
- 5:00 pm** – Light Dinner
- 6:00 pm** – Orientation
- 7:00 pm** – Meditation Instructions
- 8:30 pm** – Sitting
- 9:00 pm** – Rest or Open Practice

Full Day

- 5:15 am** – Wake Up Bell
- 6:00 am** – Mindful Movement
- 6:30 am** – Group Meditation with Wake Up Together Sangha (hybrid)
- 8:00 am** – Breakfast
- 9:15 am** – Mindful Task or Open Practice Time
- 10:00 am** – Group Meditation
- 10:45 am** – Walking / 1:1 Interviews
- 11:15 am** – Sitting
- 11:45 am** – Walking
- 1:00 pm** – Lunch
- 1:45 pm** – Mindful Task or Open Practice Time
- 2:30 pm** – Group Meditation
- 3:15 pm** – Walking / 1:1 Interviews
- 3:45 pm** – Sitting
- 4:15 pm** – Walking
- 5:00 pm** – Dinner
- 5:45 pm** – Mindful Task or Open Practice Time
- 6:30 pm** – Dhamma Talk & Meditation
- 8:15 pm** – Evening Chant
- 8:30 pm** – Rest or Open Practice Time

Departure Day

- 5:15 am** – Wake Up Bell
- 6:00 am** – Mindful Movement
- 6:30 am** – Group Meditation with Wake Up Together Sangha (hybrid)
- 8:30 am** – Breakfast
- 9:15 am** – Mindful Task & Prepare for Checkout
- 10:30 am** – Meditation, Closing Circle
- 12:00 pm** – End