

Friday

5:30 pm Arrive & set up
6:00 First Sitting Session
6:35 Walking Meditation
6:45 Sitting meditation
7:20 Walking Meditation
7:30 Sitting meditation
8:05 Break
8:20 Yoga Nidra
9pm Done...time for bed

Saturday

6:30 am First Sitting Session
7:05 Walking Meditation
7:15 Sitting meditation
7:50 Walking Meditation
8:00 Break for Breakfast
9am Yoga
10:15 Sitting
10:50 walking
11:00 LUNCH Break with group Potluck option
1pm Dharma Talk & Discussion
2:30 Sitting
3:05 Walking
3:15 Sitting
3: 40 Walking
3:50 Sitting
4:30 Work period/meeting

5:30 Dinner
7pm Sitting
7:35 Walking
7:45 Sitting
8:20 Somatics or guided relaxation
9:00 Done...time for bed

Sunday

6:30am Sitting
7:05 Walking Meditation
7:15 Sitting meditation
7:50 Walking Meditation
8:00 Sitting meditation
8:35 End of Retreat
Feel free to join for Tergar Joy of Living
Meditation & Discussion from 10 - 11:30

- Meals are BYO Coffee and tea are provided. Suggested Donation for the whole retreat is \$25-\$50. You are welcome to attend some or all of the retreat.
- If you are joining us in person from out of town, and you'd like some ideas for where to stay, please email jodi@washburnmeditationcenter.com
- If you would like to join us online also please email Jodi (above)

Pre registration is not required but you can register here