

4/4/26 Daylong Online Retreat Schedule

April 4, 2026 Daylong Schedule *with Kodo Conlin*

Please arrive in the hall a few minutes early

9:00 - 9:10 Welcome

9:10 -10:00 Instruction, Dharmette, and sitting meditation

10:00 - 10:30 Instruction and walking meditation

10:30 - 11:15 Sitting meditation

11:15 - 11:45 Walking meditation or Optional Group Practice Discussion

11:45 - 12:30 Sitting and Dharmette

12:30 - 1:30 Lunch

1:30 - 2:00 Sitting

2:00 – 2:30 Walking meditation or Optional Group Practice Discussion

2:30 – 3:15 Sitting

3:15 – Walking

3:30 – Sitting

3:45 – Dharma Talk

4:30 – Dedication of Merit/End