

Oct 18th - Oct. 25th Online Hybrid Retreat Schedule

with Gil Fronsda, Kodo Conlin, & Mei Elliot, online practice discussions with Ying Chen

Bolded times are encouraged for everyone together on Zoom

Pacific Time (California) - see [Time Zone Converter](#) for conversion

- Check-in **promptly** on **Sunday, Oct 18th (opening day)** at 3 pm
- This is **optional** only if you have previously attended an IRC **Multi-day Onli** Retreat

OPENING DAY, **Sunday, Oct 18th**

4:00 pm **Opening Circle**

5:15 pm *Dinner*

7:30 pm **Formal Opening: Sitting Meditation and Teaching** (Webcast from IRC)

8:30 pm Sleep or open practice session

FIRST FULL DAY

6:00 am **Sitting meditation**

6:40 am Zoom meditation hall is restarted daily around this time. Simply rejoin if you are dropped

6:40 am Breakfast

8:30 am Sit with instructions (Webcast from IRC)

9:15 am Walking Instructions (Webcast from IRC)

9:30 am Walking meditation

10:15 am Sitting meditation

11:00 am Walking meditation -

11:00 am **Posture Instructions** (Webcast from IRC)

11:45 am Sitting meditation

12:15 pm Lunch

1:45 pm Sitting Meditation

2:30 pm Walking meditation

3:15 pm Sitting meditation

3:50 pm Walk/Stretch

4:00 pm Dharma talk (Webcast from IRC)

5:00 pm Walking meditation

5:30 pm Dinner

6:45 pm Sitting meditation

7:15 pm Walking Meditation

7:45 pm Sitting meditation

8:30 pm Walking Meditation

9:00 pm Sitting meditation with Reflections (Webcast from IRC)

9:30 pm Sleep or further practice

DAILY SCHEDULE

6:00 am **Sitting meditation**

6:40 am Zoom meditation hall is restarted daily around this time. Simply rejoin if you are
dropped

6:40 am Breakfast

8:30 am Sit with instructions (Webcast from IRC)

9:30 am Walking meditation

10:15 am Sitting meditation

11:00 am Walking meditation

11:45 am Sitting meditation

12:15 pm Lunch

1:45 pm Sitting Meditation

2:30 pm Walking meditation

3:15 pm Sitting meditation

3:50 pm Walk/Stretch

4:00 pm Dharma talk (Webcast from IRC)

5:00 pm Walking meditation

5:30 pm Dinner

6:45 pm Sitting meditation

7:15 pm Walking Meditation

7:45 pm Sitting meditation

8:30 pm Walking Meditation

9:00 pm Sitting meditation with Reflections (Webcast from IRC)

9:30 pm Sleep or further practice

DAY BEFORE LAST, Saturday, Oct 24th

6:00 am **Sitting meditation**

6:40 am Zoom meditation hall is restarted daily around this time. Simply rejoin if you are
dropped

6:40 am Breakfast

8:30 am Sit with instructions (Webcast from IRC)

9:30 am Walking meditation

10:15 am Sitting meditation

11:00 am Walking meditation

11:45 am Sitting meditation

12:15 pm Lunch

1:45 pm Sitting Meditation

2:30 pm Walking meditation

3:15 pm Sitting meditation

3:50 pm Walk/Stretch

4:00 pm Dharma talk (Webcast from IRC)

5:00 pm Walking meditation

5:30 pm Dinner

6:15 pm **Q & A for Online Participants with Residential Teachers**

6:45 pm Sitting meditation

7:15 pm Walking Meditation

7:30 pm Sitting meditation, Q & A for Residential Yogis (Online yogis can listen)

8:30 pm Walking Meditation

9:00 pm Sitting meditation with Reflections (Webcast from IRC)

9:30 pm Sleep or further practice

FINAL DAY, Sunday, Oct. 25th

6:00 am Sitting meditation

6:40 am Zoom meditation hall is restarted daily around this time. Simply rejoin if you are dropped

6:40 am Breakfast

8:30 am Sitting Meditation (Webcast from IRC)

9:15 am Walking Meditation

9:45 am Short Sitting, Saying goodbye to the residential sangha

10:15 am Meditation Space Cleaning

10:30 am Closing Circle

11:10 am *End*

11:15 - 12 pm **Optional:** Social Time