

**June 13, 2026**

**One Day Retreat: 7:00 am – 4:30 pm**

|                |                    |
|----------------|--------------------|
| 6:45 am        | Wake up Bell       |
| 7:00           | 108 Bows           |
| 7:30 – 8:15    | Chanting           |
| 8:15 – 8:45    | Sitting            |
| 8:45 – 8:55    | Walking Meditation |
| 8:55 – 9:25    | Sitting            |
| 9:25 – 9:35    | Walking Meditation |
| 9:35 – 10:05   | Sitting            |
| 10:05 -10:15   | Walking Meditation |
| 10:15 – 10:45  | Sitting            |
| 10:45 – 10:55  | Walking Meditation |
| 10:55 - 11:25  | Sitting            |
| 11:30 – 12:00  | Lunch              |
| 12:00 – 12:45  | Work Period        |
| 12:45 – 1:20   | Break              |
| 1:20 – 1:50    | Sitting            |
| 1:50 – 2:00    | Walking Meditation |
| 2:00 – 2:30    | Sitting            |
| 2:30 – 3:30 pm | “Evening” Chanting |
| 3:30 - 4:00 pm | Sitting            |
| 4:00 – 4:10 pm | Chanting           |
| 4:10 - 4:30 pm | Circle Talk        |

