

November 14, 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

