



## Beginner's Mind Weekend Retreat Schedule

### FRIDAY

- |      |                                 |
|------|---------------------------------|
| 6 pm | Registration in Chan Hall Foyer |
| 7:00 | Retreat Orientation             |
| 9:00 | Conclusion                      |



## Beginner's Mind Weekend Retreat Schedule

### **SATURDAY**

- 9:00am Morning Exercise
- 9:30 The Art of Relaxation and Sitting Meditation
- 11: 00 The Art of Seeing Workshop
- 12:00pm The Art of Eating, Mindful Work
- 1:05 End of Mindful Work Bell (large outside bell) and Personal Time
- 1:25 Preparation Bell (small hand bell)
- 1:35 Sitting Meditation
- 2:45 The Art of Listening Workshop
- 5:30 The Art of Eating and Personal Time
- 6:50 Preparation Bell (small hand bell)
- 7:00 Dharma Talk
- 8:30 Sitting Meditation
- 9:00 Conclusion for the Day



## Beginner's Mind Weekend Retreat Schedule

### SUNDAY

- |         |                                               |
|---------|-----------------------------------------------|
| 9:00am  | Morning Exercise                              |
| 9:30    | The Art of Relaxation and Sitting Meditation  |
| 10: 40  | The Art of Questioning Workshop               |
| 12:00pm | The Art of Eating, Mindful Work               |
| 1:05    | End of Mindful Work Bell (large outside bell) |
| 1:06    | Personal Time                                 |
| 1:25    | Preparation Bell (small hand bell)            |
| 1:35    | Sitting Meditation                            |
| 2:05    | The Art of Sharing                            |