



Master Sheng Yen Memorial Retreat Schedule

Friday February 05

EST

PM

6:30

Zoom Link Opens

7:00

Retreat Orientation/Instructions (GuoGu)

8:30

Conclusion



Master Sheng Yen Memorial Retreat Schedule

Saturday February 06

EST

AM

8:20	Zoom Link Opens
8:30-9:30	The Art of Relaxation and Meditation (Dewaine)
9:40-10:50	Group Meditation
11-11:50	The Art of Contemplation (GuoGu)

PM

12:00-12:50	Lunch
12:50-1:20	Mindful Work Practice
1:20-1:50	Rest
1:55	Zoom Link Opens
2:00-3:30	Group Meditation
3:35-4:30	The Art of Introspection (Sandra)
5:30	Dinner and Mindful Work Practice
6:55	Zoom Link Opens
7:00	Dharma Talk (GuoGu)
8:30	Group Meditation
9:50	Conclusion



Master Sheng Yen Memorial Retreat Schedule

Sunday February 07

EST

AM

8:20

Zoom Link Opens

8:30-9:00

The Art of Self Massage (Hannah)

9:10-10:45

Group Meditation

11-11:50

The Art of Questioning Workshop (Fran)

PM

12:00-1:20

Lunch and Mindful Work Practice

1:20

Zoom Link Opens

1:30-2:30

The Art of Sharing and Gratitude (All teachers)

3:00

Conclusion