



Intensive Chan Retreat Schedule

First Evening

6 to 7pm	Registration in Chan Hall foyer and light meal in kitchen
7:00	Retreat Orientation/Instructions
10:00	Conclusion



Intensive Chan Retreat Schedule

AM

- 5:00 Morning Wakeup Board
- 5:30 Mindful Exercises
- 6:00 Sitting Meditation
- 6:40 Morning Service
- 7:15 Breakfast, Mindful Work
- 8:05 End of Work Bell (large outside bell)
- 8:06 Personal Time
- 8:25 Preparation Bell (small hand bell)
- 8:35 Sitting, Mindful Yoga, Walking Meditation

PM

- 12 Lunch, Mindful Work
- 1:05 End of Work Bell (large outside bell)
- 1:06 Personal Time
- 1:25 Preparation Bell (small hand bell)
- 1:35 Sitting, Mindful Yoga, Walking Meditation (Personal Interview)
- 5:00 Optional Medicine Meal
- 5:30 Personal Time (Kitchen Crew Works)
- 6:50 Preparation Bell (small hand bell)
- 7:00 Dharma Talk
- 8:30 Sitting, Mindful Yoga, Walking Meditation
- 10:00 Conclusion



Intensive Chan Retreat Schedule

Final Day

AM

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| 5:00 | Morning Wakeup Board |
| 5:30 | Mindful Exercises |
| 6:00 | Sitting Meditation |
| 6:40 | Morning Service |
| 7:15 | Breakfast, Mindful Work |
| 8:05 | End of Work Bell (large outside bell) |
| 8:06 | Personal Time |
| 8:25 | Preparation Bell (small hand bell) |
| 8:35 | Sitting, Mindful Yoga, Walking Meditation |
| 9:30 | Personal Time/Pack Up |
| 10:30 | Sharing, Gratitude, and Refuge |
| 12:00 | Conclusion of Retreat |
| 12:00 | Optional Lunch Offered |