



Beginner's Mind Weekend Retreat
Retreat Schedule
All Times in EST

FRIDAY

6pm-7pm Registration in Chan Hall Foyer and light dinner in kitchen

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
- 7:20 Preparation Bell (small hand bell)
- 7:30 Dharma Talk
- 8:30 Sitting Meditation
- 9:00 Conclusion for the Day



Beginner's Mind Weekend Retreat Schedule

SUNDAY

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| 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 |