



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

Second Day

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); personal time
- 8:25 Preparation Bell (small hand bell)
- 8:35 Sitting, Mindful Yoga, Walking Meditation

PM

- 12 Lunch, Mindful Work
- 1:25 End of Work Bell (large outside bell)
- 1:30 Personal Time
- 1:50 Preparation Bell (small hand bell)
- 2:00 Sitting, Mindful Yoga, Walking Meditation (Personal Interview)
- 5:30 Optional Medicine Meal, personal time (Kitchen Crew Works)
- 6:50 Preparation Bell (small hand bell)

- 7:00 Dharma Talk
- 8:40 Sitting, Mindful Yoga, Walking Meditation
- 10:00 Rest; optional meditation



Intensive Chan Retreat Schedule

Final Day

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) and personal time
- 8:25 Preparation Bell (small hand bell)
- 8:35 Sitting, Mindful Yoga, Walking Meditation

PM

- 12 Lunch
- 1:05 End of Work Bell (large outside bell)
- 1:06 Personal Time/Pack Up
- 1:25 Preparation Bell (small hand bell)
- 1:35 Sharing, Gratitude, and Refuge
- 3:00 Conclusion