



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 Rest; optional meditation



Final Day

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
7:45	Mindful Work
8:15	End of Work Bell (large outside bell) and personal time
8:25	Preparation Bell (small hand bell)
8:35	Sitting, Mindful Yoga, Walking Meditation
10:30	Sharing, Gratitude and Refuge
12:00	Conclusion of Retreat
12:05	Optional Lunch
12:45	Kitchen Closes and Cleanup