



## 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
8:05	End of Work Bell (large outside bell) and personal time
8:25	Preparation Bell (small hand bell)
8:35	Sitting, Mindful Yoga, Walking Meditation
9:45	Pack Up and Close of Dorms
10:20	End of Pack Up Bell (large outside bell)
10:30	Sharing, Gratitude and Refuge
12:00	Conclusion of Retreat
12:05	Optional Lunch
12:45	Kitchen Closes and Cleanup