



## 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               |
| 10:30 | Sharing, Gratitude, and Refuge                          |
| 12:00 | Conclusion of Retreat                                   |
| 12:05 | Optional Lunch                                          |
| 12:45 | Kitchen Closes and Cleanup                              |