



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

- 9:00 Mindful Exercises
9:30 Instructions, 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 Dinner, personal time (Kitchen Crew Works)
6:50 Preparation Bell (small hand bell)
7:00 Dharma Talk
8:00 Sitting, Mindful Yoga, Walking Meditation
9:00 Rest; optional meditation



Intensive Chan Retreat Schedule

Final Day

AM

- 9:00 Mindful Exercises
10:30 Sharing, Gratitude and Refuge

PM

- 12 Conclusion of Retreat
12 Optional Lunch
12:45 Kitchen Closes and Cleanup