



Intensive Chan Retreat Schedule

On the first day of the retreat, summer residents follow the daily non-retreat schedule with the exception of the afternoon, which is personal time and there will be no Dharma classes.

First Evening

PM

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| 6 | Registration in Chan Hall foyer and light meal in kitchen |
| 7 | Retreat Orientation/Instructions |
| 10 | 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); 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 or 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 Dharma Sharing, Refuge, Gratitude

PM

- 12 Lunch, Mindful Work, Retreat Cleanup
- 1:30 End of Work Bell (large outside bell)
- 1:35 Personal Time for Residents
- 5:30 Optional Light Dinner
- 7:00 Personal Time for Residents
- 10:00 Lights Out



Summer Program Daily Schedule

AM

6:00	Morning Wakeup Board
6:30	Mindful Exercise
7:00	Sitting*
7:40	Morning Service
8:20	Breakfast, Mindful Work (Prep Lunch)
9:20	Personal time**
10:30	Sitting*
(11:30	Kitchen Crew Prep Lunch)

PM

12	Lunch, Mindful Work
1:10	Personal time
2:30	Dharma Class
5:30	Optional Light Dinner (Kitchen Crew Works)
6:30	Sitting* (Mon/Weds)
7:30	Sitting* (Tues/Thurs/Fri)
8:00	Dharma Class/Discussion
9:20	Sitting*
10:00	Lights Out

**Each period of seated meditation is 40 minutes, with opportunity for personal interviews.*

*** Personal times can be used at the discretion of each participant; everyone is expected to stay on campus.*



Summer Program Weekend Schedule

AM

6:00	Morning Wakeup Board
6:30	Mindful Exercise
7:00	Sitting*
7:40	Morning Service
7:20	Breakfast, Mindful Work
8:20	Personal Time**
9:30	Sitting* (Sunday only)
11:20	Prep Lunch

PM

12	Lunch, Mindful Work
1:10	Personal Time**
5:00	Prep Dinner
5:30	Optional Light Dinner
9:00	Sitting*
10:00	Lights Out

**Each period of seated meditation is 40 minutes.*

*** Personal times can be used at the discretion of each participant; it is permissible to go outside of the campus as long as one returns for the evening sitting. Those who stays on campus prepare light meals.*