

Schedule from May 8 - June 5

Two Week Program Options	
May 8 - May 22 Study Option	May 23 - June 5 Practice Option

The in-person 3-day and 7-day retreats are exclusive to program residents, and a hybrid option will be available.

Public Sits	
i	Sunday Morning Sit 9:30am-11:00am
ii	Monday Evening Sit 6:30pm-8pm
iii	Wednesday Evening Sit 6:30pm-8pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				May 8: Program Begins at 6pm	May 9: 3-Day* Retreat Start	May 10: Retreat Continues
May 11: Retreat Concludes at 12pm	May 12: Regular Program Day <small>ii</small>	May 13: Regular Program Day	May 14: Regular Program Day <small>iii</small>	May 15: Regular Program Day	May 16: Regular Program Day	May 17: Personal Practice Day
Personal Practice						
May 18: Personal Practice Day <small>i</small>	May 19: Regular Program Day <small>ii</small>	May 20: Regular Program Day	May 21: Regular Program Day <small>iii</small>	May 22: Regular Program Day	May 23: 7-Day Meditation Retreat* Start	May 24: Retreat Continues
May 25: Retreat Continues	May 26: Retreat Continues	May 27: Retreat Continues	May 28 : Retreat Continues	May 29: Retreat Continues	May 30 Retreat Concludes at 12pm	May 31 Personal Practice Day
					Personal Practice	
June 1: Personal Practice Day <small>i</small>	June 2: Regular Program Day <small>ii</small>	June 3: Regular Program Day	June 4: Regular Program Day <small>iii</small>	June 5: Program Concludes at 12pm		