

Friday 7:00 PM - 9:00 PM

7:00 - 7:20 PM Welcome
Technology Overview
Overview of the Retreat

7:20 - 8:45 PM
Evening program - guided sitting meditation, mindful break, dharma reflections

8:45 - 9:00 PM
Q & R

9:00 PM
Continued Practice/End of Evening Program

Saturday 10:00 AM - 4:00 PM

10:00 AM - 10:15 AM Welcome
Technology Overview
Overview of the Day

10:15 AM - 12:30 PM
Mid-day program - guided sitting meditation, break, walking meditation, dharma reflections

12:30 PM - 1:30 PM
Lunch

1:30 PM - 3:30 PM
Sitting meditation, dharma reflections, walking meditation

3:30 PM - 4:00 PM
Q & R + Closing