

## Retreat Schedule

### True Presence: The Courage to Whole-Heartedly Embrace Joy and Suffering Still Water Online Retreat, Friday, June 10 – Sunday, June 12, 2022

Online activities have a yellow background. Offline activities have a green background.  
All times approximate — changes may occur.

Friday	7:00 pm	Greetings, introductions, orientation, and intentions
	8:00	Evening chant, sitting, Dharma reading
	8:30	The practice of noble silence
Saturday	6:30 am	Suggested wake-up
	6:45	Stretching, yoga, tai-chi, or outdoor walking
	7:30	Morning chant, sitting meditation
	9:00	Breakfast and outdoor walking
	10:30	Dharma talk
	11:30	Lunch and outdoor walking
	1:30	Focused reflective writing
	2:30	Dharma sharing
	3:45	Personal practice
	4:00	Guided deep relaxation
	4:55	Outdoor walking, dinner, and personal practice
	7:00	Dharma talk
	8:15	Evening chant, sitting
	8:30	The practice of noble silence
Sunday	6:30 am	Suggested wake-up
	6:45	Stretching, yoga, tai-chi, or outdoor walking
	7:30	Morning chant, sitting meditation
	8:30	Breakfast and outdoor walking
	10:00	Questions and Answers
	11:00	Indoor walking, outdoor walking, or other movement.
	11:45	Reflections and sharing
	12:45 pm	End of retreat