

Still Water Fall Practice Retreat at Blue Cliff Monastery
Wednesday, Nov. 1 to Sunday, Nov. 5, 2023

Wednesday, Nov. 1

Arrival time 2-5 pm
Sitting with nuns in Jade Candle Hall at 5 pm
Dinner at 6 pm
Orientation with Sr. True Vow at 7:30 pm

Thursday, Nov. 2

Meditation at 6 am
Exercise at 7 am
Breakfast at 8 am
Recorded Dharma talk at 9:30 am
Walking meditation at 11:30 am
Dharma sharing at 2 pm
Picnic Dinner at 6 pm
Personal practice time

Friday, Nov. 3

Lazy morning
Breakfast at 8 am
Still Water Dharma Sharing at 9:30 am
Walking meditation at 11:30 am
Lunch at 12:30 pm
Arrival time for new people at 2-5 pm
Working meditation at 3 pm
Sitting with nuns in Jade Candle Hall at 5 pm
Dinner at 6 pm
Dharma sharing with Br. Phap Khoi at 7:30 pm

Saturday, Nov. 4

Meditation at 6 am
Exercise at 7 am
Breakfast at 8 am
Personal practice or activity at 9:30 am
Walking meditation at 11:30 am
Lunch at 12:30 pm
Working meditation at 3 pm
Dinner at 6 pm
Sharing with Sr. Lan Nghiem in big meditation hall at 7:30 pm

Sunday, Nov. 5

Meditation at 6 am
Exercise at 7 am
Breakfast at 8 am
Live Dharma talk at 9:30 am
Walking meditation at 11:30 am
Recitation of the 5 Mindfulness Trainings at 12 pm
Lunch at 1 pm
Bookshop open after lunch Departure at 2 pm