

Nourishing Our Togetherness

April 28-30, 2017

Tentative Retreat Schedule

Please choose from the following offerings:

Friday, April 28, 2017

4:00-6:00	Registration and Personal Time in Noble Silence (Possibilities: read information in your retreat reader; sit in meditation; enjoy walking meditation (by yourself or with friends); take a nap; go for a stroll; journal; be aimless—see what happens when you have nothing to do, nowhere to go)
5:30-6:00	Orientation for those attending a Thich Nhat Hanh Retreat for the first time
5:30-6:00	Gathering of Wake Up Participants (Ages 18-35)
6:00-6:45	Dinner
7:00-8:30	Dharma Talk
8:30-9:00	Sitting Meditation
10:00	Lights Out

Saturday, April 29, 2017

6:15-6:30	Mindful Movements
6:45-7:30	Morning Chant, Sutra Reading and Sitting Meditation
7:45-8:30	Breakfast
8:45-9:45	Dharma Talk
10:00 -12:00	Family Gathering
12:15- 1	Lunch
1:15-1:45	Deep Relaxation
2:00-3:30	Outdoor Walking

3:30-5:00	Personal time
5:00-5:45	Recitation of the 5 Mindfulness Trainings
6:00-6:45	Dinner
7:00-8:15	Q&A
8:15-9:15	Singing and Dancing
9:00-9:30	Sitting Meditation
10:00	Lights out

Sunday, April 30, 2017

6:30-6:45	Mindful Movements
7:00-8:15	Transmission of the 5 Mindfulness Trainings
8:30-9:15	Breakfast
9:30-10:15	Working Meditation
10:15-11:15	Dharma Talk
11:30-12:30	Family Gathering
12:45-1:00	Closing Circle
1:00-1:45	Lunch
2:00-4:00	Optional Working Meditation or Personal Time