

# Retreat Schedule

8:00	Meditation
8:30	Morning Service
9:10	Temple Clean-up
9:40	Reading Period
10:10	Meditation (two Periods)
11:20	Dharma Talk
12:30	Meditation
1:00	Lunch
1:30	Clean-up and Rest
2:15	Meditation
2:45	Mid-day Service
3:00	Meditation
3:40	Dharma Talk
4:30	Meditation
5:00	Retreat Ends