

2018 DRAFT RETREAT SCHEDULE

This is still under development but gives you an idea of what to expect; check back later

FRIDAY May 4

1000am	AT DHARMA CENTER: load up and clean up (can you volunteer to help?)
1100	AT GWINWOOD: unload & set-up (more volunteers needed for this) learn about shrine room set up by working with Lama Lungrik hang thangkas & prayer flags
1230-1pm	snacks for crew
1-2	finish set up or break; check in for new arrivals
2-3:30	OPENING SESSION
3:30-3:45	break
3:45-5:30	Chandrakirti Homage and Dedication verses [Sonam Dorje]
3:45-5:30	individual interviews on spiritual practice [Loppon Jamyang; sign-up at retreat]
6-7	dinner
7:30	EVENING SESSION TBD (maybe slides on Kathmandu & trekking in Nepal)
9pm	quiet in dorms

SATURDAY May 5

6:30am	individual practice (shrine room or your choice)
7	EARLY PRACTICE SESSION (student led)
7:30-8	breakfast
9-10:30	MORNING SESSION 1
10:30-11	break
11am-12:30pm	MORNING SESSION 2
12:30-1:30	lunch
1:30-3	AFTERNOON SESSION 1
3-3:30	break
3:30-5	AFTERNOON SESSION 2
6-7	dinner
7:30	individual interviews on spiritual practice
7:30	Mala workshop (make your own 'prayer beads'; supplies available to purchase)
9pm	quiet in dorms

SUNDAY May 6

6:30am	individual practice (shrine room or your choice)
7	EARLY PRACTICE SESSION (student led)
7:30-8	breakfast
9-10:30	MORNING SESSION
10:30-11	break
11am-noon	CLOSING SESSION & GROUP PHOTOS
noon-2pm	pack up site (volunteers needed for this)
2-3pm	unload at Dharma Center and restore room for use (more volunteers needed)