

TMC Young Adult Retreat Schedule

July 22 - 25, 2017 (v.1.0)

Time	Sat. July 23	Sun. July 24	Mon. July 25	Tue, July 26
6:00am	Wake up Bell	Wake up Bell	Wake up Bell	Wake up Bell
6:30 -7:15	<i>Sangha Chanting & Sitting Meditation</i>	<i>Sangha Chanting & Sitting Meditation</i>	<i>Sangha Chanting & Sitting Meditation</i>	<i>Sangha Chanting & Sitting Meditation</i>
7:15 - 8:15	Breakfast	Breakfast	Breakfast	Breakfast
8:15 - 8:30	Walking Meditation Instruction & Practice	Check-in/Announcements	Check-in/Announcements	Check-in/Announcements
8:30-8:55		<i>Walking Meditation</i>	<i>Walking Meditation</i>	<i>Walking Meditation</i>
9:00-9:30		<i>Sitting Meditation</i>	<i>Sitting Meditation</i>	<i>Sitting Meditation</i>
9:30-10:00	<i>Walking Meditation</i>	<i>Walking Meditation</i>	<i>Walking Meditation</i>	<i>Walking Meditation</i>
10:00-10:30	Dhamma Learning	Dhamma Learning	Individual Dhamma Discussion (group 1)	<i>Sitting Meditation</i>
10:30-11:00				<i>Walking Meditation</i>
11:00-11:30				<i>Sitting Meditation</i>
11:30-1pm	Lunch / Rest	Lunch / Rest	Lunch / Rest	Lunch / Rest
1:00-1:30	<i>Walking Meditation</i>	<i>Walking Meditation</i>	<i>Walking Meditation</i>	<i>Walking Meditation</i>
1:30 -	Sitting Med. Instruction	<i>Sitting Meditation</i>	<i>Sitting Meditation</i>	<i>Sitting Meditation</i>
2:00-2:30	<i>Walking Meditation</i>	<i>Walking Meditation</i>	<i>Walking Meditation</i>	<i>Walking Meditation</i>
2:30-3:00	Benefits of Meditation	Dhamma Learning	<i>Sitting Meditation</i>	Awards & Closing Ceremony
3:00-3:30			<i>Walking Meditation</i>	
3:30-4:00			<i>Sitting Meditation</i>	
4:00-4:45	Break (Shower, rest, etc.)	Break (Shower, rest, etc.)	Break (Shower, rest, etc.)	
4:45-5:30	Dhamma Learning	Dhamma Learning	Individual Dhamma Discussion (group 2)	
5:30-6:00	<i>Walking Meditation</i>	<i>Walking Meditation</i>	<i>Walking Meditation</i>	
6:00-7:00	Dinner	Dinner	Dinner	
7:00 -7:30	<i>Walking Meditation</i>	<i>Walking Meditation</i>	<i>Walking Meditation</i>	
7:30-8:00	Dhamma Learning	<i>Sitting Meditation</i>	<i>Sitting Meditation</i>	
8:00-8:30		<i>Walking Meditation</i>	<i>Walking Meditation</i>	
8:30-9:00		<i>Sitting Meditation</i>	<i>Sitting Meditation</i>	
9:00-9:30	<i>Walking Meditation</i>	<i>Walking Meditation</i>	<i>Walking Meditation</i>	
9:30-9:45	Metta Chanting / Sharing Merits	Metta Chanting / Sharing Merits	Metta Chanting / Sharing Merits	