

The Care and Feeding of Our Mindfulness Practice

All Activities in St. Gabriel Hall Unless Specified

Friday			
4:00 PM	to	5:30 PM	Registration (St. Michael Hall)
5:45 PM	to	6:45 PM	Mindful Dinner in Silence (St. Joseph Hall Lower Level)
7:00 PM	to	7:30 PM	Orientation
7:45 PM	to	8:45 PM	Dharma Talk
9:00 PM	to	9:30 PM	Sitting and Walking Meditation
9:30 PM			Maintain Noble Silence as You Retire for the Evening
Saturday			
5:30 AM			Wake-up Bell
6:00 AM	to	6:15 AM	Mindful Movements
6:30 AM	to	7:30 AM	Sitting and Walking Meditation
7:45 AM	to	8:45 AM	Mindful Breakfast in Silence (St. Joseph Hall Lower Level)
9:00 AM	to	9:15 AM	Personal Time
9:30 AM	to	10:15 AM	Outdoor Walking Meditation
10:30 AM	to	12:00 PM	Dharma Talk
12:20 PM	to	1:15 PM	Mindful Lunch in Silence (St. Joseph Hall Lower Level)
1:15 PM	to	3:15 PM	Rest and Lazy Time / Consultations with Dharma Teacher*
2:15 PM	to	3:15 PM	Total Relaxation and Touching the Earth (optional)
3:15 PM	to	4:00 PM	Guided practice
4:15 PM	to	5:30 PM	Dharma Sharing
5:45 PM	to	6:45 PM	Mindful Dinner in Silence (St. Joseph Hall Lower Level)
7:00 PM	to	7:30 PM	Five Mindfulness Trainings Presentation Dharma Discussion
7:45 PM	to	8:15 PM	Questions and Answers with Dharma Teacher Joanne Friday
8:30 PM	to	9:30 PM	Sitting and Walking Meditation
9:30 PM			Maintain Noble Silence as You Retire for the Evening

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Sunday			
5:30 AM			Wake-Up Bell
6:00 AM	to	7:30 AM	Sitting Meditation / Five Mindfulness Trainings Transmission Ceremony
7:45 AM	to	8:45 AM	Mindful Breakfast in Silence (St. Joseph Hall Lower Level)
8:45 AM	to	9:15 AM	Check out of room / Personal Time
9:30 AM	to	10:15 AM	Outdoor Walking Meditation
10:30 AM	to	12:00 PM	Dharma Talk
12:20 PM	to	1:20 PM	Mindful Lunch - Noble Silence Ends at the Sound of the Bell (St. Joseph Hall Lower Level)
1:40 PM	to	3:00 PM	Closing Circle - Sharing, Gratitude and Group Photo
3:00 PM			Good-bye and Gentle Steps to You!

** To arrange a consultation with Dharma Teacher Joanne Friday, please place your name, room number and question in the bell by the end of the dharma talk on Saturday.*