

Schedule-2017 May Retreat with Sayadaw U Inndaka

Tuesday, May 16

5:00-6:30pm	Registration
6:00-7:00pm	Light Dinner
7:30-9:30pm	Welcome, Talk & Instructions <ul style="list-style-type: none">- Chris: brief welcome & introductions- Adam or Jameson with Deb: manager talk, logistics- Sayadaw: Talk & Instructions
9:30pm	Rest

Wed, Thurs, Fri, Sat

6:30am Wake Up

7:00-7:45am Meditation

7:45-8:45am Breakfast

- commuters arrive by 845am

8:45-12noon Morning Meditation Period

12noon-1:30pm Lunch & Rest

1:30-5:30pm Afternoon Meditation Period w/ Dharma Talk

5:30-6:30pm Light Dinner

6:30-9:30pm Evening Meditation Period

9:30pm Rest or further practice

- Commuters depart any time they like after 5:30pm, practicing as much as they wish

Sunday May 21

6:30am Wake Up

7:00-7:45am Meditation

7:45-8:45am Breakfast

8:45-11:00am Morning Meditation Period & Closing