

<b>Time</b>	<b>Fri Nov 27</b>	<b>Sat Nov 28</b>	<b>Sunday Nov 29</b>
<b>6:00-6:50 AM</b> (Participation optional)	Sitting meditation & chanting	Sitting meditation & chanting	Sitting meditation & chanting
<b>7-8:30 AM</b>	Breakfast & cleanup	Breakfast & cleanup	Breakfast & cleanup
<b>8:30-9 AM</b>	Instructions: Recollection of the Buddha	Instructions: Loving-Kindness	Instructions: Parts of the Body
<b>9:00-10:10 AM</b>	Sitting & walking: Recollection of the Buddha	Sitting & walking: Loving-Kindness	Sitting & walking: Parts of the Body
<b>10:10-10:30 AM</b>	Tea break	Tea break	Tea break
<b>10:30-11:20 AM</b>	Sitting & walking: Recollection of the Buddha	Sitting & walking: Loving-Kindness	Sitting & walking: Parts of the Body
<b>11:30 AM-1:50 PM</b>	Lunch/Free Time	Lunch/Free Time	Lunch/Free Time
<b>1:50-3:10 PM</b>	Review instructions Sitting & walking: Recollection of the Buddha	Review instructions Sitting & walking: Loving-Kindness	Instructions & practice: Recollection of Death
<b>3:10-3:30 PM</b>	Tea break	Tea break	Tea break
<b>3:30-4:40 PM</b>	Sitting & walking: Recollection of the Buddha	Sitting & walking: Loving-Kindness	Instructions & practice: Recollection of Death
<b>4:40-5:00 PM</b>	Questions	Questions	Questions
<b>5:00-7 PM</b>	Break	Break	Sharing of merit & end of retreat at 5:00 pm
<b>7:00 -7:50 PM</b>	Chanting & Talk	Chanting & Talk	
<b>8:00-9:00 PM</b>	Recollection of the Buddha & sharing of merits	Loving-kindness & sharing of merits	
<b>9:00 PM</b>	Retire	Retire	