

Contemplation of the Body Retreat: Sept 2 to Sept 5 2022, Schedule

Time	Fri Sept 2	Sat Sept 3	Sun Sept 4	Mon Sept 5
6:00-6:50 AM (optional)	Sitting meditation & chanting	Sitting meditation & chanting	Sitting meditation & chanting	Sitting meditation & chanting
7-9 AM	Breakfast, cleanup, & walk (for exercise)	Breakfast, cleanup, & walk (for exercise)	Breakfast, cleanup, & walk (for exercise)	Breakfast, cleanup, & walk (for exercise)
9:00-9:45 AM	Instructions & sitting: Mindfulness of breathing	Instructions & sitting: From the breath to full awareness of sitting	Instructions & sitting: The 32 parts of the body	From the earth element to the air element
9:45-10:15 AM	Walking meditation	Walking meditation	Walking meditation	Walking meditation
10:15-11:00 AM	Mindfulness of breathing	Full awareness of sitting	Meditation on the 32 parts of the body	From the earth to the air & heat elements
11:00-11:25 AM	Walking meditation	Walking meditation	Walking meditation	Walking meditation
11:30-2 PM	Lunch/Free Time	Lunch/Free Time	Lunch/Free Time	Lunch/Free Time
2:00-3:00 PM	Review instructions & questions. Mindfulness of breathing	Review instructions & questions. Full awareness of sitting	Review instructions & questions. The 32 parts of the body	Review instructions & questions. From the earth to the water element
3:00 - 3:30 PM	Walking meditation	Walking meditation	Walking meditation	Walking meditation
3:30-4:15 PM	Mindfulness of breathing	Full awareness of sitting	Meditation on the 32 parts of the body	Meditation on all four elements
4:15-4:30 PM	Tea break	Tea break	Tea break	Tea break
4:30-5:10 PM	Dharma talk & questions	Dharma talk & questions	Dharma talk & questions	The body's final destiny (till 5 pm)
5:15-5:35 PM	Chanting	Chanting	Chanting	5:00-5:10 pm: Sharing of merits. Retreat ends 5:10 pm.
5:35-7:00 PM	Break	Break	Break	
7:00 -7:45 PM	Mindfulness of breathing	Full awareness of sitting	Instructions: From full awareness of sitting to the four elements (earth)	
7:45-8:15 PM	Walking meditation	Walking meditation	Walking meditation	
8:15-8:55 PM	Mindfulness of breathing	Full awareness of sitting	Meditation on the earth element	
8:55-9:00 PM	Sharing of merits. Retire or continue practicing on one's own	Sharing of merits. Retire or continue practicing on one's own	Sharing of merits. Retire or continue practicing on one's own	