

Four Protective Meditations—Schedule

Time	Friday Sept 1	Saturday Sept 2	Sunday Sept 3	Monday Sept 4
5:15 am		Wake-Up	Wake-Up	Wake-Up
6:00–6:50 am		Meditation & chanting	Meditation & chanting	Meditation & chanting
7–8:30 am		Breakfast & cleanup	Breakfast & cleanup	Breakfast & cleanup
8:30–9:00 am		Instructions: recollection of Buddha	Instructions: loving-kindness	Instructions: mindfulness of death
9:00–9:40 am		Sitting: recollection of Buddha	Sitting: loving-kindness	Sitting: mindfulness of death
9:40–10:10 am		Walking meditation	Walking meditation	Walking meditation
10:10–10:50 am		Sitting: recollection of Buddha	Sitting: loving-kindness	Sitting: mindfulness of death
10:50–11:20 am		Walking meditation	Walking meditation	Walking meditation
11:30 am–1:40 pm		Lunch & rest, light reading	Lunch & rest, light reading	Lunch & rest, light reading
1:50–3:00 pm		Review & questions; Sitting: recollection of Buddha	Review & questions; Sitting: loving-kindness	Sitting: mindfulness of death. At 2:50: final sharing merits
3:00–3:30 pm		Walking meditation	Walking meditation	Retreat ends 3 pm.
3:30–4:10 pm		Sitting: recollection of Buddha	Instructions & sitting: 32 parts of body	
4:10–4:30 pm		Tea break	Tea break	
4:30–5:10 pm		Dharma talk	Dharma talk	
5:15–5:35 pm	Arrive and register from 5 pm	Chanting	Chanting	
5:35–7:00 pm	Light refreshments	Break: light refreshments	Break: light refreshments	
7:00–7:40 pm	Talk on 4 protective meditations	Recollection of Buddha	Sitting: 32 parts of body	
7:40–8:10 pm	Walking meditation	Walking meditation	Walking meditation	
8:10–8:50 pm	Warm-up with anapanassati	Recollection of Buddha	Sitting: 32 parts of body	
8:50–9:00 pm	Sharing of merits	Sharing of merits	Sharing of merits	

9:00 pm	Retire for night	Retire for night	Retire for night	
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