

## Finding Joy in the Wholesome—Schedule

Time	Friday Nov. 24	Saturday Nov. 25	Sunday Nov. 26
6:00–6:50 am	Meditation & chanting	Meditation & chanting	Meditation & chanting
7:00–9:00 am	Breakfast & cleanup; personal study	Breakfast & cleanup personal study	Breakfast & cleanup
9:00–9:50 am	Instructions & sitting: recollection of Buddha	Instructions & practice: recollection/precepts	Meditation on joy with others: method 2
9:50–10:20 am	Walking meditation	Walking meditation	Walking meditation
10:20–10:50 am	Recollection of the Buddha	Instructions & practice: recollection/generosity	Meditation on gratitude (till 10:40)
10:50–11:20 am	Walking meditation	Walking meditation	Dhamma Talk: 10:40 till 11:15 am 11:15: final sharing of merits (till 11:25)
11:30 am– 1:50 pm	Lunch & rest, light reading	Lunch & rest, light reading	Retreat ends 11:30 pm.
2:00 pm– 2:10 pm	Review & questions;	Review & questions	
2:10 pm– 2:50 pm	Instructions & sitting: Recollection of the Dhamma	Recollection of precepts & generosity	
2:50 pm–3:20 pm	Walking meditation	Walking meditation	
3:20–4:00 pm	Instructions & sitting: recollection of the Sangha	Meditation on loving-kindness	
4:00–4:20 pm	Tea break	Tea break	
4:20–5:10 pm	Dharma talk	Dharma talk	
5:15–5:35 pm	Chanting	Chanting	
5:35–7:00 pm	Break	Break	
7:00–7:20 pm	Discussion of the practice	Discussion of the practice	
7:20–7:50	Revolving recollection of the Three Jewels	Meditation on joy with others: method 1	
7:50–8:00 pm	Sharing of merits	Sharing of merits	
8:00 pm	End for the night	End for the night	