**2024 Retreat: Buddha’s Teachings for Laypeople**

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| **Time** | **Fri Aug 30** | **Sat Aug 31** | **Sun Sept 1** | **Mon Sept 2** |
| **5:20 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** |  | Meditation: Loving-kindness | Meditation: Loving-kindness | Meditation: Sila & generosity |
| **9:00–10:00 am** |  | Dharma talk #2 | Dharma talk #6 | Dharma talk #10 |
| **10:00– 10:20 am** |  | Tea break | Tea break | Refuge & precepts ceremony |
| **10:20– 11:20 am** |  | Dharma talk #3 | Dharma talk #7 | Questions & discussion |
| **11:30 am– 1:40 pm** |  | Lunch & rest, light reading | Lunch & rest, light reading | Lunch & rest, light reading |
| **1:40–2:10 pm** |  | Meditation | Meditation | Meditation: muditā; sharing of merits |
| **2:10–3:10 pm** |  | Dharma talk #4 | Dharma talk #8 | Cleanup & depart |
| **3:10–3:30 pm** |  | Tea break | Tea break |  |
| **3:30–3:50 pm** |  | Group discuss #1 | Group discuss #3 |  |
| **3:50–4:10 pm** |  | Group discuss #2 | Group discuss #4 |  |
| **4:20–5:00 pm** |  | Meditation | Meditation |  |
| **5:00–5:30 pm** | **Arrive and register** | Evening chanting | Evening chanting |  |
| **5:30–7:00 pm** | Light meal | Light meal | Light meal |  |
| **7:00–7:50 pm** | Dharma talk #1 | Dharma talk #5 | Dharma talk #9 |  |
| **7:50–8:10 pm** | Walking  meditation | Walking meditation | Walking  meditation |  |
| **8:10–8:50 pm** | Sitting meditation: recollect Buddha | Sitting meditation: recollect Dhamma | Sitting meditation: recollect Sangha |  |
| **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 |  |