

Sample Daily Schedule

| | |
|----------|-------------------------------|
| 7 AM | Wake Up! |
| 7:30 | Movement & Sitting Meditation |
| 8:00 | Breakfast |
| 8:30 | Mindful Cleanup & Free Time |
| 9:15 | Morning Meditation Program |
| 11:30 | Small Groups |
| 12:30 PM | Lunch |
| 1:00 | Mindful Cleanup & Free Time |
| 2:15 | Workshops |
| 3:45 | Mindful Movement |
| 4:30 | Sitting Meditation |
| 5:00 | Dinner |
| 5:30 | Mindful Cleanup & Free Time |
| 6:45 | Lovingkindness Sitting |
| 7:15 | Walk |
| 7:30 | Wisdom Talk |
| 8:15 | Evening Snack |
| 8:30 | Small Groups |
| 9:30 | Sitting Meditation |
| 10:00 | Bed Prep Dorm Time |
| 10:30 | Lights Out |

[**Black** times are silent; **blue** times are not silent.]