

***NOTE - all times west coast PST***

**March 26<sup>th</sup>, Thursday**

5pm-8pm PST

Welcome, Opening Practice and Orientation

**March 27 + 28<sup>th</sup>, Friday + Saturday**

5:30am Movement + meditation

6:15am Eating meditation

Breakfast/Break

7:30am Morning meditation program

9:45am Small group

10:45am Break/lunch/rest

12:30 pm Meditation with optional guided news/messages check-in

1:00 Workshops or extended practice

2:30 Yoga

3:30 Loving kindness meditation

4pm Break/dinner/rest

5:00pm Wisdom Talk

5:45 Small group

6:45 - 8:00pm Evening meditation period

**March 29<sup>th</sup> Sunday**

5:30am Movement + meditation

6:15am Eating meditation

Breakfast/Break

7:30am Morning meditation program

9:00am Small group

10:00-12:00 Closing