

Insight Meditation Retreat

April 21st - April 30th, 2025

5:45 Wake-Up
6:15 **Sitting/Chanting**

7:00	Breakfast
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7:45 Work Period or Walking
8:45 **Sitting/Instructions and Q+R**
9:45 Walking*
10:15 Sitting
11:00 Walking
11:45 Sitting

12:30	Lunch and Rest
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1:15 Work Period, Rest or Walking
2:30 **Guided Sitting** (*Metta & Q&R Wed.-Mon.*)
3:30 Walking
4:00 Sitting
5:45 Walking

5:15	Evening Meal
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6:45 Sitting (optional Affinity sit)
7:15 Stretch
7:30 **Dharma Talk**
8:30 Walking
9:00 **Sitting/Chanting**
9:30 Rest or continue practice

* Walking meditation or alternative mindful practices, if you experience limitations with walking.