

# Insight Meditation Retreat

## April 20 - 29, 2026

6:00 am Wake-Up  
6:30 am Sitting Meditation

<b>7:00 am</b>	<b>BREAKFAST</b>
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7:45 am Work Meditation or Walking  
**8:45 am Sitting Meditation with Instructions**  
9:45 am Walking Meditation  
10:30 am Sitting Meditation  
11:15 am Walking Meditation  
11:45 pm Sitting Meditation

<b>12:15 pm</b>	<b>LUNCH</b>
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2:15 pm Walking Meditation  
3:00 pm Sitting Meditation (Optional Affinity Group Sit)  
3:45 pm Walking Meditation  
**4:30 pm Dharma Talk**

<b>5:15 pm</b>	<b>EVENING MEAL</b>
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**7:00 pm Guided Meditation**  
7:45 pm Walking Meditation  
8:15 pm Sitting Meditation w/ Chanting  
9:00 pm Rest or Continued Practice

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