Wake Up! - a Retreat for the Young Adult - Another Way of Being - May 20-24th 2009

	WEDNESDAY 20th	THURSDAY 21st	FRIDAY 22 nd	SATURDAY 23 rd	SUNDAY 24 th
5:30	Wake Up Bell				
6:00		Walking, Sitting, Sutra (Sr Lang Nghiem)	Walking, Sitting, Sutra (Br Phap Dung)	Walking, Sitting, ToE (Sr Quynh Nghiem)	Walking, Sitting ((Sr
7:45		Breakfast			
9:15		Service Med/Game Br Phap Luu	Service Med/Game Sr Bach Nghiem	Service Med/Game	Walking Meditation
11:00	Arrival Day	Dharma Talk Br Phap Dung	5MT Workshops Br Phap Hai, Sr Thang Ng	Presentation/Short DT Sr Dang Ng.	10:30- Q+A. (Sr Khanh Ng, Br Ph. Thanh, Br Ph Ho)
12:30		Lunch (in Dining Hall)			Formal Lunch &
14:00		Total Relax-sr Gia Ng	Total Relax- sr Khanh Ng	Total Relax- Br Phap Ho	Closing Circle
					(Br Phap Dung)
15:00		Family Discussion	Waking Up our	Family Discussion	
		Groups	Aspirations- Br Phap Thanh	Groups	
17:00		Body & Play Breakout		Body & Play Breakout	
18:00					
	Dinner (with guidance)	Dinner	16:30- Collect Dinner	Dinner	
19:30	19:00 Gather in Circle Garden for Walking & Orientation (Br Ph. Hai, Sr Lang Ng, Sr Quynh Ng.)	Sitting Med & TOE – Br Phap Luu	for Sunset Hiking, dinner and sitting on mountain (Br Phap Nha)	Performances- ending with sitting. (Br Chinh Quang & Sr Dang Nghiem)	
21:30	Noble Silence Practice				