

# RETREAT schedule

*'Bringing Meaning and Love into Our Lives'*

## Friday

05/27/05

- 1-5:00 Arrival / Registration *(Br. Koji and Bros. Sisters)*  
6:00 Dinner  
7:30 Sing song *(Thệ N., P. Lai)*  
Orientation / Walking Meditation back to rooms *(Sr. Thục N., Br. P. Đê)*  
9:30 Noble Silence - Rest

## Saturday

05/28/05

- 5:00 Wake up  
6:00 Sitting Meditation / Touching the Earth *(Sr. Thệ N.)*  
Walking Meditation *(Sr. Trung Chính)*  
8:00 Breakfast  
9:30 Gathering / singing *(Thệ N., P. Lai)*  
10:00 Dharma Talk *(Br. Pháp Dung)*  
12:00 Silence Lunch together in dinning hall *(5 contemplations)*  
2:00 Total Relaxation  
3:00 Dharma Discussion in group  
5:00 Personal time / Yoga / Sport  
6:00 Dinner in family groups  
7:30 Sitting Meditation / Chanting *(Sr. Châu Nghiêm)*  
9:30 Noble Silence & Rest

## Sunday

05/29/05

- 5:00 Wake up  
6:00 Sitting Med. / Touching Earth *(Sr. Thệ N.)*  
7:00 Breakfast  
8:30 Walking Meditation (gather in Solidity pond garden)  
**Wedding Ceremony for Elizabeth & Michael** *(Br. Pháp Dung)*  
11:00 Dharma Talk *(Br. Pháp Niệm, Pháp Hội)*  
12:30 Special Lunch in dinning hall *with Michael, Elizabeth & family*  
2:00 Total Relaxation  
3:00 Dharma Discussion in groups  
5:00 Personal time / Yoga / Sport  
6:00 Dinner in family groups  
7:30 Dharma Drama (being together) *(Sr. Châu Nghiêm, Br. Pháp Hải)*  
9:30 Noble Silence & Rest

## Monday

05/30/05

- 5:00 Wake up  
5:30 Hiking up mountain *(Br. Pháp Trạch)*  
8:00 Return to hamlet  
10:00 Q & A *(Br. P. Hải, P. Khôi, P. Lai, Châu N., Hành N., Đăng N.)*  
12:00 Lunch / Goodbyes & Sharings

