RETREAT *schedule*

'Bringing Meaning and Love into Our Lives'

YOUTH

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. Đệ)*
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., Đẳng N.)*
12:00	Lunch / Goodbyes & Sharings	