

RETREAT SCHEDULE

Now Wow !! Young Adults Retreat May 26-29, 2006

Friday 05/26/06

- 1-5:00 Arrival / Registration
- 6:00 Dinner
- 7:30 Gathering in Solidity Garden, Walking Meditation to Big hall
Orientation / Walking Meditation back to rooms
- 9:30 Noble Silence - Rest

Saturday 05/27/06

- 5:00 Wake up
- 6:00 Guided Sitting Meditation / Sutra reading
10 Mindful movements
- 7:30 Breakfast
- 9:00 Gathering outside Big hall/ Singing / Walking Meditation
- 10:30 Dharma Talk (*Theme of this retreat: Better way to live alone*)
- 12:00 Silence Lunch together in dinning hall (*5 contemplations*)
- 2:00 Total Relaxation
- 3:00 Dharma Discussion in groups
- 5:00 Personal time / Yoga / Sport /
- 6:00 Dinner in family groups
- 7:30 Silence Sitting Meditation / Chanting
- 9:30 Noble Silence & Rest

Sunday 05/28/06

- 5:00 Wake up
- 6:00 Silence Sitting Med. / 3 Touchings of the Earth (*Sr. Chan Khong's style*)
10 Mindful movements
- 7:30 Breakfast
- 9:00 Walking Meditation (*gathering outside Big hall*)
- 10:30 Dharma Talk (*continue on theme plus brief intro. to 5 MT*)
- 12:00 Silence Lunch together in dinning hall (*5 contemplations*)
- 3:00 Dharma Discussion in groups
- 5:00 Cooperative Games
- 6:00 Dinner in family groups
- 7:30 Be-in (*tea, sharings, songs...*)
- 9:30 Noble Silence & Rest

Monday 05/29/06

- 5:00 Wake up
- 5:30 Pick up breakfast
- 6:00 Hike up the mountain
- 8:30 Return
- 10:00 Q & A
- 12:00 Lunch / Goodbyes .