

# Sample Retreat Schedule

## DAILY SCHEDULE

6:00 am	Wake-up
6:30	Sitting
7:15	Breakfast, morning chores
8:45	Sitting
9:30	Walking
10:00	Sitting
10:45	Walking
11:15	Sitting
12:00 pm	Lunch, afternoon chores
1:45	Sitting
2:30	Walking
3:00	Sitting
3:45	Walking
4:15	Sitting
5:00	Light dinner, evening chores
6:30	Sitting
7:00	Break
7:15	Dharma talk, Q&A
8:30	Sitting (optional, open ended)