

## Insight Meditation Retreat Recollective Awareness

### SAMPLE DAILY PROGRAM

Time	Activity
6.30 am	Wake-up bell
7.00am	Meditation (or Yoga)
8.00am	Breakfast
8.30 – 9.15am	Chores
9.15- 10.15	Dharma Talk Meditation
10.30 – 11.30	Feedback/reporting group Or Meditation
11.30 – 12.30	Feedback/reporting group Or Meditation
12.30pm	<i>Lunch</i>
1.30 – 2.30	Rest period
2.30 – 3.30	Dharma talk Meditation
3.45pm – 6pm	Individual interviews with Teacher
6.30pm	<i>Evening meal</i>
7.30pm	Dharma talk Questions
8.30pm – 9 pm	Bedtime story

#### **Feedback/reporting groups**

Everyone is encouraged to attend one group each day. Participants are invited to talk about their meditations, if they wish.

#### **Individual interviews**

Teacher(s) are available for a one on one interviews