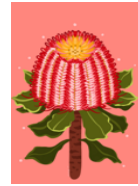


Day-long Reflective Meditation Retreat Schedule



09:00 – 9:45	Arrivals, urn will be on...
9:45 – 10:00	Silent settling in practice
10:00 - 10:30	Welcome & introduction to the day
10:30 – 11:10	Meditation & Reflection (30 & 10)
11:10 - 11:30	Walking Meditation (20-min)
11:30 - 12:10	Meditation & Reflection (30 & 10) / Reflection Group 1
12:10 – 12:15	<i>5-minute transition time</i>
12:15 - 12:35	Dharma talk
12:35 – 12:40	<i>5-minute transition time</i>
12:40 – 01:20	Meditation & Reflection (30 & 10) / Reflection Group 2
01:20 – 02:20	Lunch (1-hour)
02:20 – 03:00	Meditation & Reflection (30 & 10) / Group 3
03:00 – 03:20	Walking meditation
3:20 – 04:00	Meditation & Reflection (30 & 10) / Group 4
<i>04:00 – 04:05</i>	<i>5-minute transition time</i>
04:05 – 04:35	Dharma Conversation
04:35 – 5:00	Reflections upon the day & close