

## Example of the daily schedule for Reflective Meditation Retreats

6.15	Wake Up Bell
7.00 – 8.00	Meditation / Yoga
8.00 – 9.30	Breakfast / Work Period / Free Time
9.30 – 10.30	Dharma Talk & Meditation
10.30 – 10.45	Morning Tea
10.45 – 11.30	Meditation / Reflection Group – 1
11.45 – 12.30	Meditation / Reflection Group – 2
12.30 – 2.30	Lunch
2.30 – 3.30	Meditation / Extended Writing
3.30 – 3.45	Tea Break
3.45 – 4.45	Dharma Conversation & Meditation
4.45 – 5.00	Stretch Break
5.00 – 5.45	Meditation / Walking / Interviews
6.00 – 7.00	Dinner
7.00 – 7.45	Meditation
8.00 – 8.30	Dharma Discussion
8.30 – 9.00	Bedtime Story

### Reflection groups

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

### Individual interviews

Teachers are available for a one-on-one interview.