

## Schedule for 5-Day Online/At Home Samatha/Concentration Retreat

*with Marcia Rose*

(all times are US MST time)

### **SATURDAY, NOVEMBER 7, 2020**

time TBD                      Zoom Technicalities Meeting (*all please attend*) More information on how to join this meeting will be forthcoming.

### **SUNDAY, NOVEMBER 8, 2020 - WEDNESDAY, NOVEMBER 11, 2020**

7:00 a.m.                      Group sit and *Metta* chant  
8:00 a.m.                      Breakfast  
9:00 a.m.                      Group sit, Instructions or guided sit or short Dhamma reflection  
10:00 a.m. - 1:00 p.m.      Sit & Walk alternate hours - Small group and one-on-one practice meetings as scheduled.  
1:00 p.m.                      Lunch  
2:30 p.m. – 5:30 p.m.      Sit & Walk alternate hours  
5:30 p.m.                      Light supper or Tea  
6:30 p.m. – 7:00 p.m.      Mindful stretching or Sit & walk  
7:00 p.m.                      Refuges & Precepts, Dhamma talk, or Q & A as scheduled  
8:15 p.m. – 9:15 p.m.      Walk or sit

### **THURSDAY, NOVEMBER 12, 2020 CLOSING DAY SCHEDULE**

7:00 a.m. - 5:00 p.m.      Specific Schedule Times TBA