

Tentative Daily Schedule – Vipassana Retreat

The schedule below is intended to provide a general impression of a typical retreat day. The final retreat schedule may differ in some details, including session times and activities

5:30 am	Wake up, mindful movement
6:00 am	Sitting meditation
7:00 am	Tea break
7:30 am	Breakfast
8:30 am	Mindful work practice
9:30 am	Meditation (guided)
11:30 am	Dharma talk
12:30 pm	Lunch
2:15 pm	Individual meditation practice
4:30 pm	Group reflection
5:30 pm	Dinner
6:30 pm	Evening contemplation