Sardinia Retreat

October 25–November 14, 2027

Program Week 2+3

Days 9-19 (Tuesday, November 2 –Friday, November 12)

**6:00 am	Wake-up and Mindful Movement *(individual)*
6:30 am	Sitting Meditation *(group)*
7:00 am	Morning Tea
7:30 am	Breakfast and Mindful Rest Period
**8:30 am	Working Meditation Period
**9:45 am	Meditation instructions *(on selected days; to be announced during working meditation).*
10:15 am	Continue practicing in any posture *(individual, indoor & outdoor)*
**11:30 am	Dharma Sharing and Q&A *(group)*
12:30 pm	Lunch and Mindful Rest Period
**2:15 pm	Continue practicing in any posture *(individual, indoor & outdoor)*
3:45 pm	Tea Time[1]
4:15 pm	Mindful Movement or Yoga *(individual practice – outdoor or in your room; optional Yoga video in the meditation hall)*
6:15 pm	Supper
** 7:30 pm	Evening Meditation *(group)*
9:30 pm	Rest

[1] Tea-time can be used for the mindful use of electronic devices in your room.

** Note: A gong will sound 10 minutes before each session, except for the wake-up gong at 5:45 am and the morning meditation gong at 9:30 am.