

## Practice Intensive Retreat: Jan 11 - 15, 2023

Sample schedule: subject to slight changes



### Wed, Jan 11: 6:00pm-8:00pm Eastern: GATHERING

- 6:00-6:30..... Hello gathering, landing sit
- 6:30-6:45..... Set up space
- 6:45-7:15..... Listening, speaking together
- 7:15-7:30..... Structure of this retreat; Group agreements & guidelines
- 7:30-8:00..... Sit, Enter silence

### Thurs, Jan 12: 8:00am-8:00pm Eastern: SILENCE

- 8:00-8:45..... Sitting Practice
- 8:45-9:30..... Movement Practice
- 9:30-10:15..... Scanning Practice
- 10:15-10:30..... Walking Practice, Structured
- 10:30-11:30..... On your own
- 11:30-12:15..... Sitting Practice
- 12:15-2:15..... Nourishment Practice
- 2:15-3:15..... Teacher Talk
- 3:15-4:00..... Movement Practice
- 4:00-5:00..... Walking Practice (come back with tea)
- 5:00-5:15..... Tea
- 5:15-6:00..... Sitting Practice
- 6:00-7:15..... Nourishment
- 7:15-8:00..... Closing Sit

### Fri, Jan 13: 8:00am-8:00pm Eastern: SILENCE

- 8:00-8:45..... Sitting Practice
- 8:45-9:30..... Movement Practice
- 9:30-10:15..... Walking Practice
- 10:15-10:30..... Sitting Practice
- 10:30-11:45..... Work Period
- 11:45-12:30..... Sitting Practice
- 12:30-2:30..... Nourishment Practice
- 2:30-3:15..... Sitting Practice
- 3:15-4:00..... Movement Practice
- 4:00-5:00..... Walking Practice (come back with tea)
- 5:00-5:15..... Tea
- 5:15-6:00..... Sitting Practice
- 6:00-7:15..... Nourishment
- 7:15-8:00..... Closing Sit



**Sat, Jan 14: 8:00am-8:00pm Eastern: SILENCE**

8:00-8:45..... Sitting Practice  
8:45-9:30..... Movement Practice  
9:30-10:15..... Scanning Practice  
10:15-10:30.... Walking Practice, Structured  
10:30-11:30..... On your own  
11:30-12:15..... Sitting Practice  
12:15-2:15..... Nourishment Practice  
2:15-3:15..... Teacher Talk  
3:15-4:00..... Movement Practice  
4:00-5:00..... Walking Practice (come back with tea)  
5:00-5:15..... Tea  
5:15-6:00..... Sitting Practice  
6:00-7:15..... Nourishment  
7:15-8:00..... Closing Sit

**Sun, Jan 15: 8:00am-2:00pm Eastern: SILENCE and CLOSING**

8:00-8:45..... Sitting Practice  
8:45-9:30..... Movement Practice  
9:30-10:30..... On your own  
10:30-11:15..... Sitting Practice  
11:15-12:30..... Lift Silence  
12:30-1:30..... Nourishment  
1:30-2:00..... Closing words, closing sit

