

Kind Awareness Retreat Schedule 5-12 November, 2016

06.00	Wake up
06.30	First session (30 minute silent meditation)
07.30	Breakfast (noble silence)
09.00	Sitting meditation with instructions + theme of the day (all attend)
09.30	Q&A
09.45	Walking meditation
10.15	Sitting meditation
11.00	Walking meditation
11.30	Sitting meditation
12.00	Lunch (noble silence)
12.30	Free time: baths, pool, rest
14.00	Sitting meditation (afternoon session)
14.30	Qi Gong (mindful movement)
15.00	Sitting meditation
15.30	Walking meditation / small groups
16.00	Sitting meditation
16.30	Walking meditation / small groups
17.00	Steam bath (noble silence)
18.00	Dinner (noble silence)
19.00	Sitting meditation (evening session)
19.30	Break and stretch
19.45	Dharma talk
20.30	Walking meditation
21.00	Sitting/ Metta meditation or chanting
21.30	Rest or continued practice
22.00	Sleeping meditation