

Spring Weekend Retreat with Keri Pederson and Matthew Brensilver

May 6 - 9, 2021

All times are Pacific Time Zone

Please plan to follow the retreat schedule as much as your life circumstances allow. Sessions and meetings **in bold** are especially important. All sitting meditation periods will be online.

Thursday, May 6

- 3:00 p.m. Orientation to zoom and online practice (optional)
4:00 - 5:30 pm **Opening Session**

Friday, May 7 & Saturday, May 8

- 6:30 a.m. Early morning Sitting Meditation
7:15 a.m. Breakfast
8:25 a.m. Arrive and Settle
8:30 a.m. Morning Instructions and Sitting Meditation
9:30 a.m. Walking Meditation (OR **Practice Meeting** if assigned)
10:15 a.m. Sitting Meditation
11:00 a.m. Walking Meditation (OR **Practice Meeting** if assigned)
11:45 a.m. Sitting Meditation
12:15 p.m. Lunch/Practice/Take Care of Life as You See Fit
2:15 p.m. Walking Meditation (OR **Practice Meeting** if assigned)
2:45 p.m. Sitting Meditation
3:30 p.m. Mindful Movement with Ronly Blau
4:00 p.m. Break
4:15 p.m. Dharma Talk
5:00 p.m. Open time
7:25 p.m. Arrive and Settle
7:30 p.m. Loving-kindness Practice
8:15 p.m. End of Day

Sunday, May 9

- 6:30 a.m. Early morning Sitting Meditation
7:15 a.m. Breakfast
8:25 a.m. Arrive and Settle
8:30 - 10 am Closing Session