

Retreat Schedule
Mark Nunberg & Shell Graf
April 23 - 27

Friday, April 23

6:00 – 6:45 pm.....Orientation & optional social time
7:00 – 8:30 pm.....Opening Session

Saturday, April 24 – Tuesday, April 27

8:00 – 9:00 amMorning Instructions and Q&A

9:00 – 11:45 am.....Independent Practice Time and small group meetings

Small Group Teacher Interviews: All retreatants will be assigned to a small group that will meet twice during the retreat Saturday and Monday or Sunday and Tuesday. Groups will meet at either 9:15am or 10:30am and will last around an hour.

*11:45 – 12:30 pmGroup Sit led by practice leader

12:30 – 3:00 pm.....Independent Practice Time

3:00 – 4:00 pmAfternoon Instruction and Q&A

4:00 – 7:00 pm.....Independent Practice Time

7:00 – 8:00 pmEvening Dharma Reflection

(Tuesday evening's closing session will end at 8:30 pm.)

Please plan to follow the retreat schedule as much as your life circumstances allow. Sessions and meetings in **bold** are especially important.