

Introduction to Chan Practice Retreat

Friday

- Noon-6:00 Check-in, site orientation
7:00pm Introduction to sitting, postures, breathing

Saturday

- 8:00 - 8:50 Morning Meditation
9:00 - 9:30 Morning Exercise
9:30-10:00 Work practice
10:30-Noon Intro to Chan, session 1
Noon-1:30 Lunch break
1:30-2:00 Walking Meditation (outside area, weather permitting)
3:00- 4:30 Intro to Chan, session 2
6:00- 7:30 Evening talk and sitting (optional)

Sunday

- 8:00 - 8:50 Morning Meditation
9:00 - 9:30 Morning Exercise
9:30-11:00 Intro to Chan, session 3
11:00-Noon Check out
1:00pm Site close