



OPEN GATE SANGHA

At-Home Weeklong Retreat Schedule

Day 1 (Sunday)

7:00 PM **Opening Talk ***
8:00 PM Break
8:15 AM **Meditation ***
8:45 PM Meditation Ends

LEGEND

**** Recorded Session**

^ Self-guided

YouTube Video

Days 2 thru 5 (Mon/Thu)

8:00 AM **Self-guided Meditation ^**
8:40 AM Breakfast/Break
10:00 AM **Morning Talk ***
11:00 AM Break
11:30 AM **Guided Meditation ***
Noon Lunch/Break
2:00 PM **Self-guided Meditation ^**
2:40 PM Break
2:55 PM **Self-guided Meditation ^**
3:35 PM Break
3:45 PM **Qi Gong (15 or 35 min) #**
4:20 PM **Self-guided Meditation ^**
5:00 PM Dinner/Break
7:00 PM **Q&A ***
8:30 PM Break
8:45 PM **Self-guided Meditation ^**
9:15 PM Meditation Ends

Day 6 (Friday)

8:00 AM **Self-guided Meditation ^**
8:40 AM Breakfast/Break
10:00 AM **Morning Talk ***
11:30 AM Retreat Ends