

Meditation Schedule

Each full day consists of ...

6.30am	First sit of the day (1 full hr)
7.35am	(when available - exercise class)
8.30am	Breakfast
9.30am	Sitting/walking*/sitting
10.40am	Morning Tea
11.10am	Sitting/walking*/sitting
12.20pm	Discussion with Linda
1.00pm	Lunch
2.30pm	Sitting/walking*/sitting
3.40pm	Afternoon Tea
4.10pm	Sitting/walking*/sitting
5.20pm	Discussion with Linda
6.00pm	Dinner
7.15pm	Chanting of the Heart Sutra
7.20pm	Evening meditation (1 full hr)
- 8.20pm	

- Participants are welcome to sit through scheduled break times (excl main meals).

*Slow meditative walk in the meditation hall