

Sacramento Insight Meditation

Schedule - SIM 2020 Retreat

Friday evening:

6:00 – Retreat welcome and Zoom logistics

6:45 – Teacher introduction, sitting, opening talk, precepts

Daily:

7:00 - Individual practices and breakfast/eating meditation

9:30 Sitting/Meditation Instruction, Q&A (with Teacher)

10:30 – Short break

10:45 - Individual walking practice (or small group with Teacher)

11:15 – Sitting (Community led)

12:00 - Lunch/eating meditation, rest, walk

2:00 – Sitting (Community led)

2:45 – Walking practice

3:15 – Sitting (Community led)

4:00 – Walking practice

4:30 – Guided Metta (with Teacher)

5:00 – Short break

5:15 - Dharma Talk (with Teacher)

6:15 - Dinner/eating meditation

8:00 Inspirational Dharmette (with Teacher)

8:30 Self-directed practice

Wednesday morning:

7:00 Individual practices and breakfast/eating meditation

9:00 Final Session

11:00 End Retreat