



Sacramento Insight Meditation

CONTINUING SUPPORT FOR THOSE
PRACTICING IN THE INSIGHT / VIPASSANA TRADITION

SIM 2021 Annual Retreat SCHEDULE (September 3 - September 6)

<http://sactoinsight.org/event/2021-sim-annual-retreat/>

Friday evening

6:00 pm to 7:30 pm	Retreat Welcome, Introduction of Teachers, Talk, Refuges and Precepts, Retreat Manager instructions, Metta and Sharing of Merit
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Daily Schedule

7:30 am to 8:15 am	OPTIONAL Community Peer Led Sitting
8:15 am to 9:30 am	OPTIONAL Walking Meditation or Mindful Eating
9:30 am to 10:30 am	Sitting Meditation with Instructions/Q&A
10:30 am to 11:30 am	Walking Instructions, Walking Meditation
11:30 am to 12:30 pm	Dharma Talk
12:30 pm to 1:30 pm	LUNCH - Mindful Food Preparation and Eating
1:30 pm to 2:30 pm	Q&A
2:30 pm to 3:15 pm	Walking Meditation and/or Mindful Life Activities
3:15 pm to 4:00 pm	Community Peer Lead Sitting
4:00 pm to 4:30 pm	Walking Meditation
4:30 pm to 5:00 pm	Guided Standing Meditation/or Mindful Life Activities
5:00 pm to 5:45 pm	Guided Metta Meditation/Chanting, Sharing of Merit (Note: Monday – Closing will occur during this session)
5:45 pm to 6:15 pm	OPTIONAL Walking Meditation
6:15 pm to 7:00 pm	OPTIONAL Community Peer Led Sitting