

VIET WAKE UP Retreat 2015

Celebrating Life

Friday	Time	Saturday	Sunday
<p>Arrival Day ★</p> <p>10:30am – Registration</p> <p>12:30pm – Lunch in Silence</p> <p>1:30pm – Deep Relaxation</p> <p>3:00pm - Walking Meditation</p> <p>4:00pm – Game in Big Circle</p> <p>4:30pm – Sharing in Groups</p> <p>6:00pm – Dinner in Silence</p> <p>7:30pm – Orientation</p> <p>9:30pm - Noble Silence*</p>	6:00am	Waking Up Joyfully	
	6:30am	30' Guided Sitting Meditation & Sutra Reading	5MT Transmission
	7:15am	Yoga/QiGong	
	8:00am	BREAKFAST in Silence	
	8:45am	Short working meditation	Check out / Cleaning up
	9:30am	Dharma Talk	Dharma Talk Questions & Answers
	11:00am	Walking Meditation	
	12:30pm	LUNCH in Silence with 5 contemplations	
	1:15pm	Short working meditation	
	1:30pm-2:30pm	Deep Relaxation	Tea Meditation 2:00pm – 3:45pm
	3:00-4:30pm	Circle Sharing in Groups	<p>Retreat ends 4:00 pm</p>  <p><i>We know you are there and we are very happy.</i></p> <p>Please come to visit us at our monasteries soon!</p>
	4:45pm-5:45pm	Sports/Non-electronic Games/ Consultation	
	6:00pm	DINNER in silence	
	7:30pm	Presentation 5 Mindfulness Trainings 5'silent sitting	
9:30pm	Noble Silence*		

* Please support the practice of NOBLE SILENCE from after the evening activity until after breakfast the next morning.
LIGHTS OUT at 10:00PM Thank you.