

One-Day Retreat Schedule

9:30 GATHER (Sign in and Refreshments)

10:00 MORNING SESSION BEGINS

11:20 to 11:35 PRACTICE BREAK (Refreshments offered)

11:35 GROUP PRACTICE RESUMES

12:45 to 2:15 LUNCH BREAK

2:15 AFTERNOON SESSION BEGINS

3:30 to 3:45 PRACTICE BREAK (Refreshments offered)

3:45 GROUP PRACTICE RESUMES

4:30 CLOSING CIRCLE

5:00 RETREAT ENDS

There will be a bell or gong rung at the end of each break to indicate for us to return to the meditation hall for the continuation of the teachings.

Thank you!



DZOGCHEN CENTER