

GREETINGS & WELCOME!	2021 IMCW Silent 6-Day Retreat Daily Schedule		
	The retreat will be held in Eastern Time Zone (New York – US)		
First Day	Sunday December 26	Location	
1:30 PM	Meditation Hall opens for Retreat Orientation and Zoom Open House for Yogis	Meditation Hall	
2:30 PM	Break – Meditation Hall closed or Orientation for MMTCP Qualifying Retreat Participants (MMTCP only)	On Your Own MMTCP Meeting	
3:15 PM	Arrive and Settle for Opening	Meditation Hall	
3:30 – 5:30 PM	Opening Ceremony	Meditation Hall	
Daily	Monday December 27 – Friday December 31	Location	
	MMTCP students need to attend 5 of bolded daily sessions below each day in accordance with the MMTCP Retreat Info menu		
7:45 AM	Pre-recorded Mindful Movement (optional). Visit the Supplemental Resources menu	On Your Own	
8:15 AM	Arrive and Settle – Community Announcements	Meditation Hall	
8:30 – 9:30 AM	Guided Instructions with Q&A	Meditation Hall	
9:30 – 10:15 AM	Morning Guided Mindful Movement	Meditation Hall	
9:45 – 11:00 AM	or Teacher Meetings when assigned (prioritize over other sits, only 2 or 3 times/retreat) or LGBTQIA+ Meeting on Wed	Teacher Meetings LGBTQIA+ Meeting	
10:30 AM	Morning Silent Sitting Meditation	Meditation Hall	
11:00 AM	Morning Walking Meditation	On Your Own	
11:15 – 12:30 PM	or Teacher Meetings when assigned (prioritize over other sits, only 2 or 3 times/retreat) or People with Dis/Abilities and Deaf People Meeting on Wed	Teacher Meetings Dis/Abilities Meeting	
11:45 – 12:30 PM	Mid-day Silent Sitting Meditation	Meditation Hall	
12:30 – 2:00 PM	Break – Meditation Hall closed / Meal / Rest	On Your Own	
2:00 – 2:45 PM	Guided Heart Meditation	Meditation Hall	
2:45 – 3:30 PM	Afternoon Guided Mindful Movement	Meditation Hall	
3:00 – 4:15 PM	or Teacher Meetings when assigned (prioritize over other sits, only 2 or 3 times/retreat) or BIPOC Meeting on Wed	Teacher Meetings BIPOC Meeting	
3:30 PM	Afternoon Walking Meditation	On Your Own	
4:15 PM	Arrive and Settle for Dharma Talk	Meditation Hall	
4:30 – 5:30 PM	Dharma Talk with a short sitting	Meditation Hall	
5:30 – 7:30 PM	Break – Meditation Hall closed / Meal / Rest / Practice	On Your Own	
7:30 – 8:15 PM	Evening Silent Sitting Meditation with ending chant	Meditation Hall	
Closing Day	Saturday January 1	Location	
8:15 AM	Arrive and Settle	Meditation Hall	
8:30 – 9:15 AM	Sitting Meditation with Dana Talk and Announcements	Meditation Hall	
9:15 – 10:45 AM	Closing Ceremony	Meditation Hall	
11:00 – 11:30 AM	Closing Session for MMTCP Qualifying Retreat Participants (MMTCP only)	MMTCP Meeting	
See the Zoom Recordings menu item for recordings of the main sessions: Guided Instructions, Live Movement, Heart Practice and Dharma Talk. Recordings will be posted as soon as possible.			
Time zones: This retreat will be held in Eastern Time US and so the schedule may not be ideal for those in European, Pacific, or other time zones. Eastern Time: 8:15 am – 8:15 pm (Central European Time 2:15 pm – 2:15 am; Pacific Time 5:15 am – 5:15 pm).			