

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 <b>Retreat Orientation</b> and Zoom Open House for Yogis	Meditation Hall
2:30 PM	Break – Meditation Hall closed	On Your Own
	or <b>Orientation for MMTCP</b> Qualifying Retreat Participants (MMTCP only)	MMTCP Meeting
3:15 PM	Arrive and Settle for Opening	Meditation Hall
<b>3:30 – 5:30 PM</b>	<b>Opening Ceremony</b>	Meditation Hall
Daily	Monday December 27 – Friday December 31	Location
	MMTCP students need to attend 5 of <b>bolded daily</b> sessions below each day in accordance with the <b>MMTCP Retreat Info menu</b>	
7:45 AM	Pre-recorded Mindful Movement (optional). Visit the <b>Supplemental Resources menu</b>	On Your Own
8:15 AM	Arrive and Settle – <b>Community Announcements</b>	Meditation Hall
<b>8:30 – 9:30 AM</b>	<b>Guided Instructions with Q&amp;A</b>	Meditation Hall
9:30 – 10:15 AM	<b>Morning Guided Mindful Movement</b>	Meditation Hall
<b>9:45 – 11:00 AM</b>	or <b>Teacher Meetings</b> when assigned (prioritize over other sits, only 2 or 3 times/retreat)	Teacher Meetings
	or <b>LGBTQIA+ Meeting on Wed</b>	LGBTQIA+ Meeting
10:30 AM	<b>Morning Silent Sitting Meditation</b>	Meditation Hall
11:00 AM	Morning Walking Meditation	On Your Own
<b>11:15 – 12:30 PM</b>	or <b>Teacher Meetings</b> when assigned (prioritize over other sits, only 2 or 3 times/retreat)	Teacher Meetings
	or <b>People with Dis/Abilities and Deaf People Meeting on Wed</b>	Dis/Abilities Meeting
	or <b>Recovery Group on Thu</b>	Recovery Group
11:45 – 12:30 PM	<b>Mid-day Silent Sitting Meditation</b>	Meditation Hall
12:30 – 2:00 PM	Break – Meditation Hall closed / Meal / Rest	On Your Own
<b>2:00 – 2:45 PM</b>	<b>Guided Heart Meditation</b>	Meditation Hall
2:45 – 3:30 PM	<b>Afternoon Guided Mindful Movement</b>	Meditation Hall
<b>3:00 – 4:15 PM</b>	or <b>Teacher Meetings</b> when assigned (prioritize over other sits, only 2 or 3 times/retreat)	Teacher Meetings
	or <b>BIPOC Meeting on Wed</b>	BIPOC Meeting
3:30 PM	<b>Afternoon Walking Meditation</b>	On Your Own
4:15 PM	Arrive and Settle for Dharma Talk	Meditation Hall
<b>4:30 – 5:30 PM</b>	<b>Dharma Talk with a short sitting</b>	Meditation Hall
5:30 – 7:30 PM	Break – Meditation Hall closed / Meal / Rest / Practice	On Your Own
<b>7:30 – 8:15 PM</b>	<b>Evening Silent Sitting Meditation</b> with ending chant	Meditation Hall
Closing Day	Saturday January 1	Location
8:15 AM	Arrive and Settle	Meditation Hall
<b>8:30 – 9:15 AM</b>	<b>Sitting Meditation with Dana Talk</b> and Announcements	Meditation Hall
<b>9:15 – 10:45 AM</b>	<b>Closing Ceremony</b>	Meditation Hall
11:00 – 11:30 AM	<b>Closing Session for MMTCP</b> Qualifying Retreat Participants (MMTCP only)	MMTCP Meeting
See the <b>Zoom Recordings</b> 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).		