

GREETINGS & WELCOME!	2022 IMCW Silent 7-Day Retreat Daily Schedule	
	<b>The retreat will be held in Eastern Time Zone (New York – US)</b>	
First Day	Friday October 28	Location
4:30 – 6:30 PM	Registration and Check-in Arrive, register, receive a room assignment, unpack, set up space in hall	Center Building
6:00 – 6:45 PM	Dinner	Dining Hall
6:45 - 7:00 PM	Bell Ringers Orientation	Center Building
<b>7:00 – 9:00 PM</b>	<b>Opening Ceremony</b>	Meditation Hall / Online
Daily	Saturday October 29 – Thursday November 3	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>	
6:10-6:20 AM	Wake Up Bell	
<b>6:30 – 7:15 AM</b>	<b>Morning Silent Sitting Meditation</b>	Meditation Hall / Online
7:15 - 7:30 AM	Walking / Break / Movement	On Your Own
7:30 - 8:30 AM	Breakfast (ends at 8 AM) & Yogi Duty or Walking Meditation	
<b>8:30 – 9:30 AM</b>	<b>Guided Instructions with Q&amp;A</b>	Meditation Hall / Online
9:30 – 10:15 AM	Walking Meditation	On Your Own
<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
10:30 AM	<b>Mid-Morning Silent Sitting Meditation</b>	Meditation Hall / Online
11:00 AM	Walking Meditation	On Your Own
<b>11:45 – 12:15 PM</b>	<b>Mid-Day Silent Sitting Meditation</b>	Meditation Hall / Online
	or <b>BIPOC Sit on Sun</b>	Lighthouse 2 / Online
	or <b>LGBTQIA+ Sit on Mon</b>	Lighthouse 2 / Online
	or <b>People with Dis/Abilities and People Living with Chronic Illness Sit on Tue</b>	Lighthouse 2 / Online
12:30 – 2:00 PM	Lunch (chant 12:15-12:30, ends at 1 PM) & Yogi Duty or Walking Meditation or Rest	
<b>2:00 – 2:45 PM</b>	<b>Guided Heart Meditation</b>	Meditation Hall / Online
2:45 – 3:30 PM	<b>Mindful Movement with Tai Chi Charlottesville (Sat, Mon, Wed)</b>	On Your Own / 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 / Online
3:30 PM	Walking Meditation	On Your Own
4:15 PM	Arrive and Settle for Dharma Talk	Meditation Hall / Online
<b>4:30 – 5:30 PM</b>	<b>Dharma Talk with a short sitting</b>	Meditation Hall / Online
5:30 – 7:30 PM	Dinner (ends at 6:15 PM) & Yogi Duty or Walking Meditation or Rest	On Your Own
<b>7:30 – 8:15 PM</b>	<b>Evening Silent Sitting Meditation</b> with ending chant	Meditation Hall / Online
Closing Day	Friday November 4	Location
6:15 AM	Wake Up Bell	
<b>6:30 – 7:30 AM</b>	<b>Silent Sitting Meditation with Dana Talk and Announcements</b>	Meditation Hall / Online
7:30 - 10:00 AM	Breakfast (ends at 8 AM) & Yogi Duty or Packing & Check Out / Visit Resource Room	
<b>10:00 – 12:00 PM</b>	<b>Closing Ceremony</b>	Meditation Hall / Online
12:00 – 12:30 PM	Lunch (w/chant) & Yogi Duty	
<b>12:30 – 12:45 PM</b>	<b>Closing Session for MMTCP Qualifying Retreat Participants (MMTCP only)</b>	Lighthouse 2 / Online
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: 6:30 am – 8:15 pm (Central European Time 12:30 pm – 2:15 am; Pacific Time 3:30 am – 5:15 pm).		