

**Welcoming What Is Retreat Schedule**  
 Friday, January 13—Monday, January 16, 2023  
 All Times Eastern Time Zone

<b>FRIDAY, SEPTEMBER 2</b>		
<b>4:00–6:30 pm</b>	<b>Check In (arrive and receive room assignment)</b>	<b>Lodge Lobby</b>
<b>5:30–6:30 pm</b>	<b>Buffet Supper</b>	<b>Dining Hall</b>
6:30–6:45 pm	Arriving in Stillness into the Meditation Hall	Meditation Hall
	Orientation for Online Participants	Online
6:45–8:15 pm	Opening Activities	Meditation Hall / Online
8:15–8:30 pm	Break	On Your Own
8:30–9:30 pm	Dharma Talk	Meditation Hall / Online
<b>9:30 pm</b>	<b>Late Check In (for those arriving after 6:30 pm)</b>	<b>Meditation Hall</b>
<b>SATURDAY, JANUARY 14</b>		
<b>6:15 am</b>	<b>Wake-Up Bell</b>	
7:00–7:30 am	Mindful Movement	Meditation Hall / Online
7:30–8:00 am	Silent Sitting Meditation	Meditation Hall / Online
<b>8:00–9:00 am</b>	<b>Breakfast</b>	<b>Dining Hall</b>
9:00–9:45 am	Sitting Meditation with Instruction	Meditation Hall / Online
9:45–10:30 am	Walking Meditation	On Your Own
10:30–11:30 am	Guided Sitting Instruction and Brief Talk	Meditation Hall / Online
11:30–12:15 pm	Walking Meditation	On Your Own
	OR Group A Meeting with Linda	TBD
	OR Group B Meeting with Stan	TBD
12:15–12:45 pm	Silent Sitting Meditation	Light House (Meditation Hall) / Online
	OR Group A Meeting with Linda (continued)	TBD
	OR Group B Meeting with Stan (continued)	TBD
<b>12:45–1:45 pm</b>	<b>Lunch</b>	<b>Dining Hall</b>
1:45–2:00 pm	Walking Meditation or Rest	On Your Own
2:00–2:30 pm	Silent Sitting Meditation	Meditation Hall / Online
	OR Group C Meeting with Stan	TBD
	OR Group D Meeting with Linda	TBD
2:30–3:15 pm	Walking Meditation	On Your Own
	OR Group C Meeting with Stan (continued)	TBD
	OR Group D Meeting with Linda (continued)	TBD
3:15–3:45 pm	Mindful Movement	Meditation Hall / Online
3:45–4:45 pm	Dharma Talk	Meditation Hall / Online

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4:45–5:30 pm	Walking Meditation	On Your Own
	OR Group E Meeting with Stan	TBD
	OR Group F Meeting with Linda	TBD
5:30–6:00 pm	Silent Sitting Meditation	Meditation Hall / Online
	OR Group E Meeting with Stan (continued)	TBD
	OR Group F Meeting with Linda (continued)	TBD
<b>6:00–7:00 pm</b>	<b>Supper</b>	<b>Dining Hall</b>
7:00–7:15 pm	Break or Walk	On Your Own
7:15–8:15 pm	Heart Practice and Teacher Q&A	Meditation Hall / Online
8:15–8:30 pm	Break or Walk	On Your Own
8:30–9:00 pm	Chanting and Sitting Meditation	Meditation Hall / Online
9:00 pm	Further Practice and/or Sleep	
<b>SUNDAY, SEPTEMBER 4</b>		
<b>6:15 am</b>	<b>Wake-Up Bell</b>	
7:00–7:30 am	Mindful Movement	Meditation Hall / Online
7:30–8:00 am	Silent Sitting Meditation	Meditation Hall / Online
<b>8:00–9:00 am</b>	<b>Breakfast</b>	<b>Dining Hall</b>
9:00–10:00 am	Guided Meditation and Teacher Q&A	Meditation Hall / Online
10:00–10:45 am	Walking Meditation	On Your Own
	OR Group A Meeting with Stan	TBD
	OR Group B Meeting with Linda	TBD
10:45–11:15 am	Silent Sitting Meditation	Meditation Hall / Online
	OR Group A Meeting with Stan (continued)	TBD
	OR Group B Meeting with Linda (continued)	TBD
11:15–12:00 pm	Walking Meditation	On Your Own
	OR Group C Meeting with Linda	TBD
	OR Group D Meeting with Stan	TBD
12:00–12:30 pm	Silent Sitting Meditation	Light House (Meditation Hall) / Online
	OR Group C Meeting with Linda (continued)	TBD
	OR Group D Meeting with Stan (continued)	TBD
<b>12:30–1:30 pm</b>	<b>Lunch</b>	<b>Dining Hall</b>
1:30–2:00 pm	Walking Meditation or Rest	On Your Own
2:00–2:30 pm	Silent Sitting Meditation	Meditation Hall / Online
2:30–3:15 pm	Walking Meditation	On Your Own

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3:15–3:45 pm	Mindful Movement	Meditation Hall / Online
3:45–4:45 pm	Dharma Talk	Meditation Hall / Online
4:45–5:30 pm	Walking Meditation	On Your Own
	OR Group E Meeting with Linda	TBD
	OR Group F Meeting with Stan	TBD
5:30–6:00 pm	Silent Sitting Meditation	Meditation Hall / Online
	OR Group E Meeting with Linda (continued)	TBD
	OR Group F Meeting with Stan (continued)	TBD
<b>6:00–7:00 pm</b>	<b>Supper</b>	<b>Dining Hall</b>
7:00–7:15 pm	Break or Walk	On Your Own
7:15–8:15 pm	Heart Practice and Teacher Q&A	Meditation Hall / Online
8:15–8:30 pm	Break or Walk	On Your Own
8:30–9:00 pm	Chanting and Sitting Meditation	Meditation Hall / Online
9:00 pm	Further Practice and/or Sleep	
<b>MONDAY, SEPTEMBER 5</b>		
<b>6:15 am</b>	<b>Wake-Up Bell</b>	
7:00–7:30 am	Mindful Movement/Yoga	Meditation Hall / Online
7:30–8:00 am	Silent Sitting Meditation	Meditation Hall / Online
<b>8:00–9:00 am</b>	<b>Breakfast</b>	<b>Dining Hall</b>
9:00–10:00 am	Guided Meditation and Teacher Q&A	Meditation Hall / Online
10:00–10:30 am	Heart Practice	Meditation Hall / Online
10:30–11:00 am	Dana Talk (all participants must be present)	Meditation Hall / Online
<b>11:00–11:45 am</b>	<b>Dana Offering, Evaluation, and Room Clean Out</b>	<b>Meditation Hall / Online</b>
11:45–1:00 pm	Closing Activities	Meditation Hall / Online
<b>1:00–1:30 pm</b>	<b>Lunch and Departure</b>	<b>Dining Hall</b>