

## “Hybrid” Retreat Daily Schedule

### *Optional Practice Period*

6 – 7:45      *Early Sitting / Walking*  
8                *Breakfast*

### **Main Practice Period**

**a.m.**

**9 – 12:30      Sitting / Walking**  
**Tea & Heart Sutra Chanting**  
**Dharma Talk @ 10:30**

**p.m.**

**12:30 – 1:30   Lunch & Cleanup**

**1:30 – 2        Free Time**

**2 – 5:30        Sitting / Walking**  
**Dharma Talk**  
**Tea & Snack @ 3:30**

**5:30             Bodhisattva Vows / Closing    (retreat end on Sunday)**

### *Optional Practice Period*

7 – 9            *Late Sitting / Walking*  
9                *Bodhisattva Vows / Retire*

## **Four Agreements for Formal Practice**

- Be still. Take the One Seat.  
*Limit your activity to what you can do just now, in this moment.*
- Be silent.  
*When necessary for practicalities (e.g. in kitchen), speak softly.*
- Avoid eye contact. Don't look around in the zendo.  
*Stay with the moment. Cease comparing self and other.*
- Do your best.  
*Don't negotiate. Don't waffle. Carry the Sangha. Be carried by the Sangha.*

The schedule is our collective container for practice. Relinquish yourself to it.