

Weekend Retreat Schedule

June 26 – 28, 2020

Friday, June 26

6pm Arrival & Registration; Put Personal Things in Rooms

6:20-6:50 Retreat Meeting & Introductions

6:50 Moktak

7-7:30 Instruction by Sunim

7:30-9 Meditation

9:30 Lights Out

Saturday, June 27

5:15 am Wakeup Moktak

5:30-5:45 – Guided Stretching

5:50 Morning Bell Chant & Jukbe Yebul

6-8 Meditation

8:10 Moktak

8:15 – 9 Breakfast & Cleanup

9-9:50 Rest

9:55 Moktak

10-12:45 Work Practice (Ulyeok)

12:40 Cleanup & Put Tools away

12:50 Moktak

1-2 Lunch & Cleanup (Formal Meal)

Saturday, continued

2-2:50 Rest

2:50 Moktak

3-4:30 Neighborhood Service Meditation

4:30-4:45 Clean up

4:45-5:30 Walking Meditation

5:30-6:50 Dinner, Cleanup & Rest

6:50 Moktak

7-9pm Meditation & Dharma Talk

Sunday, June 28

5:15 am Wakeup Moktak

5:30-5:45 – Guided Stretching

5:50 Morning Bell Chant & Jukbe Yebul

6-8 Meditation

8:10 Moktak

8:15 – 9 Breakfast & Cleanup

9-9:50 Clean Meditation Hall & Temple

9:55 Moktak

10-11 Yebul & Dharma Talk

11-12 Lunch & Cleanup

12-1pm Tea & Goodbyes!