

First and Last Day Schedule

CENTRAL TIME ZONE IN NORTH AMERICA

Other Time Zones in North America will be provided on the Retreat Dashboard

PLEASE REMEMBER YOU CAN SHIFT POSITION OR STAND IN PLACE DURING ANY OF THE SITS.

First Day - Saturday, March 19, 2022

Meditation Hall Schedule

Room Link: TBA

6:30 - 7:30	Social Time/Meet with Newcomers
7:30 - 8:00	Sit (optional)
8:00 - 9:00	Welcome & Orientation
9:00 - 9:15	Stretch Break
9:15 - 10:00pm	Sit

Support Activities

9-10:30pm

*** Newcomer Meeting with
Shinzen & Co-Teacher Chris DiMeglio**

- Room Link: TBA

* A Newcomer' in this context means anyone who has not previously done a residential retreat with Shinzen, anyone needing a 'jump start', or anyone who hasn't attended a retreat for some time. Facilitators also welcome.

Last Day - Saturday, March 26, 2022

Meditation Hall Schedule

Room Link: TBA

5:30 - 6:15	Sit
6:15 - 7:00	Sit
7:00 - 7:45	Sit or Walk
7:45 - 8:30	Sit
8:30 - 10:00	Breakfast
10:00 - 1:00	Wind Down & Talking Circle
1:00 pm	Retreat Ends

Support Activities

Room Link for Shinzen: TBA

Room Link for Chris: TBA

7-7:30am: Yoga/Mindful Movement at home or TBA

7 - 8:30 am: Interviews with Shinzen/Chris

Sign up Forms - Link TBA

Daily Retreat Schedule

CENTRAL TIME ZONE IN NORTH AMERICA

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Sunday, March 20 - Friday, March 25, 2022

Meditation Hall Schedule

Room Link: TBA

5:30 - 6:15 am Sit
6:15 - 7:00 Sit
7:00 - 7:45 Sit or Walk
7:45 - 8:30 Sit

8:30 - 9:30 Breakfast & Rest

9:30 - 10:30 Sit or Walk
10:30 - 11:00 Sit
11:00 - 11:15 Stretch Break
11:15 - 12:00 pm Sit or Walk
12:00 - 12:30 Sit
12:30 - 1:00 Sit

1:00 - 3:00 Lunch & Rest

3:00 - 3:30 Sit
3:30 - 4:15 Sit
4:15 - 4:30 Break
4:30 - 6:00 Sit

6:00 - 7:15 Dinner & Rest

7:15 - 7:45 Sit
7:45 - 9:00 Dharma Talk
9:00 - 9:15 Stretch Break
9:15 - 10:00 Sit
10:00 pm Sleep/Yaza

Support Activities

Room Link for Shinzen: TBA

Room Link for Chris: TBA

7-7:30am: Yoga/Mindful Movement at home or TBA

7 - 8:30 am: Interviews with Shinzen/CT

Sign up LINKS: TBA

9:30 am - 11:00 am
* Full Grid Technique Instruction - Shinzen
** Core Technique Instruction - Chris
11:15 am - 12:30 pm
AMA (Ask Me Anything) for ALL - Shinzen

3-3:30 pm Yoga/Mindful Movement at home or TBA

3 - 4:30 pm: Interviews with Shinzen/Chris

Sign up LINKS: TBA

9 - 10:30 pm: Interviews with Shinzen/Chris

Sign up LINKS: TBA

* Familiarity with Full Grid Techniques as Newcomer/First timer instruction will NOT be available

** Core Techniques taught to those not familiar with the Full Grid or those who haven't attended a retreat for some time.