

Schedule for Abiding in Emptiness Retreat with Mary Aubry
Southern Dharma Retreat Center
August 21-28, 2020

all times are Eastern Daylight Time

*** = Zoom Sessions**

Friday, August 21

5:00* SDRC orientation and social time
6:00 Personal time
7:30* Sitting meditation; retreat introduction; metta
9:00 Late-night sitting

Saturday – Thursday, August 22-27

10:00* Sitting Meditation
10:45 Walking Meditation
11:00* Instructions, Guided Meditation, and Q&A
12:00 Personal time
2:00* Sit
2:45 Walk
3:30* Sit
4:15 Walk
5:00* Sit
5:45 Personal time
7:00* Sit
7:30 Walk
7:45* Dharma Talk; metta
9:00 Late-night sitting

Friday, August 28

10:00* Sitting Meditation
10:45 Walking Meditation
11:00* Closing Session
12:00 Retreat ends