

Guardians of the Heart: A Vipassana & Brahma Vihara Retreat
At Home Retreat Schedule
DaeJa Napier: October 3-10, 2020

All times are **Eastern Daylight Time** / **Pacific Daylight Time**

* Indicates a Zoom session

Saturday October 3rd

- * 5:00pm / 2:00pm - 6:00pm / 3:00pm Welcome Orientation followed by Social Time
- * 6:00pm / 3:00pm - 6:15pm / 3:15pm Social Time (optional)
- 6:15pm / 3:15pm - 7:30pm / 4:30pm In-home Practice
- * 7:30pm / 4:30pm - 9:00pm / 6:00pm Opening Dharma Talk and Practice

Sunday October 4th to Friday October 9th

- * 8:00am / 5:00am - 9:00am / 6:00am Sit & Walk with Practice Leader
- * 9:00am / 6:00am - 9:30am / 6:30am Guidance for In-home Practice
- 9:30am / 6:30am - 10:30am / 7:30am In-home Practice
- * 10:30am / 7:30am - 12:00pm / 9:00am Instructions and Practice
- 12:00pm / 9:00am - 2:00pm / 11:00am In-home Practice
- * 2:00pm / 11:00am - 3:30pm / 12:00pm Group Practice
- 3:30pm / 12:00pm - 4:30pm / 1:00pm In-home Practice
- * 4:30pm / 1:00pm - 6:00pm / 3:00pm Group Practice & Discussion
- 5:45pm / 2:30pm - 7:30pm / 4:30pm In-home Practice
- * 7:30pm / 4:30pm - 9:00pm / 6:00pm Dharma Talk followed by Q&A

Saturday October 10th

- * 8:00am / 5:00am - 9:00am / 6:00am Morning Meditation & Practice Guidance
- 9:00am / 6:00am - 10:15am / 7:15am In-home Practice
- * 10:15am / 7:15am - 12:15pm / 9:15am Dharma Talk, Group Practice & Closing Circle
- * 12:15pm / 9:15am - 12:30pm / 9:30am Social Time (optional)