

**New Year's Retreat Dec. 28, 2020-Jan. 3, 2021 with John Orr and Ronya Banks**  
All times are Eastern Daylight Time \* = Zoom Sessions

There will most likely be small check-in groups to talk about what you are experiencing in your meditation with John & Ronya on certain days. These groups will be added to the schedule as the retreat commences.

**Monday, December 28**

5:00\* SDRC orientation and social time  
6:00 Personal time  
7:30\* Retreat introduction & Sitting meditation  
9:00 Late-night sitting

**Tuesday & Wednesday, December 29 & 30**

7:00\* Sitting Meditation  
7:45 Personal time  
9:30\* Sitting Meditation  
10:15 Walking Meditation  
11:00\* Instructions/Q&A/ Sit  
12:30 Personal time  
2:00\* Sit  
2:45 Walk  
3:30\* Sit  
4:15 \*Walk /Yoga/Mindful Movement  
5:15\* Sit  
5:45 Personal time  
7:00\* Sit/Guided Heart Meditation/Chanting  
7:45\* Dharma Talk/Discussion  
9:00 Late-night sitting

**Thursday, December 31 (New Years Eve)**

7:00\* Sitting Meditation  
7:45 Personal time  
9:30\* Sitting Meditation  
10:15 Walking Meditation  
11:00\* Instructions/Q&A/ Sit

12:30 Personal time  
2:00\* Sit  
2:45 Walk  
3:30\* Sit  
4:15\* Walk/Yoga/Mindful Movement  
5:15\* Sit  
5:45 Personal time  
7:00\* Sit/Guided Heart Meditation/Chanting  
7:45\* Dharma Talk/Discussion  
9:00 Walk  
9:45\* Sit  
10:15 Walk/Personal time  
11:15\* Sit & Chant In The New Year  
12:00 Wishing All Good Health and Many Blessings in 2021!

### **Friday & Saturday, January 1 & 2**

7:00\* Sitting Meditation  
7:45 Personal time  
9:30\* Sitting Meditation  
10:15 Walking Meditation  
11:00\* Instructions/Q&A/ Sit  
12:30 Personal time  
2:00\* Sit & Unscheduled time  
4:15\* Optional Yoga  
5:15\* Sit  
5:45 Personal time  
7:00\* Sit/Guided Heart Meditation/Chanting  
7:45\* Dharma Talk/Discussion  
9:00 Late-night sitting

### **Sunday, January 3**

7:00\* Sitting Meditation  
7:45 Personal time  
9:30\* Sitting Meditation  
10:15 Walking Meditation  
10:45\* Closing Circle

**12:00 Retreat Ends**