

**The Four Noble Truths: Dharma Study & Practice
At Home Retreat Schedule
DaeJa Napier April 21st-26th , 2021**

All times are Eastern Daylight Time

** Indicates a Zoom session*

Wednesday April 21

- * 5:00 - 6:00pm Welcome Orientation followed by Social Time
- * 6:00 - 6:15 Social Time (optional)
- 6:15 - 7:30 At-home Practice
- * 7:30 - 9:30 Opening Dharma Talk: The Four Noble Truths
- 9:30 Rest

Thursday April 22 - Sunday April 25

Each day will be dedicated to one Noble Truth

The at-home practice schedule will provide opportunities to experiment with the balance of formal practice and ordinary activities.

- * 8:00 - 8:45am Meditation with Practice Leader
- 8:45 - 9:30 At-home Practice
- * 9:30am - 12:00pm Dharma study, Contemplation, Discussion, and Guided Meditations related to the Noble Truth of the day
- 12:00 - 2:00 At home Practice
- * 2:00 - 3:30 Group Practice
- 3:30 - 4:30 At-home Practice
- * 4:30 - 6:00 Group Practice & Discussion
- 6:00 - 7:30 At-home Practice
- * 7:30 - 9:00 Dharma Talk followed by Discussion
- 9:30 Rest

Monday April 26

- * 8:00 - 8:45am Meditation with Practice Leader
- 8:45 - 9:30 At-home Practice
- * 9:30am - 12:15pm Closing Dharma Talk, Group Practice & Closing Circle
- * 12:15 - 12:30 Social Time (optional)