



Southern Dharma

RETREAT CENTER

The Noble Eightfold Path: An At-Home Dharma Study and Practice Retreat with DaeJa Napier

April 24-30, 2023

Times are **Eastern Time** / **Pacific Time**

* Indicates a Zoom session

Monday, April 24th

- * 5:30pm / 2:30pm - 6:30pm / 3:30pm Welcome & Orientation
- 6:30pm / 3:00pm - 7:30pm / 4:30pm In-home Practice
- * 7:30pm / 4:30pm - 9:00pm / 6:00pm Opening Dharma Talk

Tuesday, April 25th - Saturday, April 29th

- * 8:15am / 5:15am - 8:45am / 5:45am Morning Meditation
- 8:45am / 5:45 am - 9:30am / 6:30am In-home Practice
- * 9:30am / 6:30am - 12:30pm / 9:30am Morning Session
- 12:30pm / 9:30am - 2:30pm / 11:30am In-home Practice
- * 2:30pm / 11:30am - 5:30pm / 2:30pm Afternoon Session
- 5:30pm / 2:30pm - 7:00pm / 4:00pm In-home Practice
- * 7:00pm / 4:00pm - 7:30pm / 4:30pm Evening Meditation
- * 7:30pm / 4:30pm - 9:00pm / 6:00pm Dharma Talk

Sunday, April 30th

- * 8:15am / 5:15am - 8:45am / 5:45am Morning Meditation with Practice Leader
- 8:45am / 5:45am - 9:30am / 6:30am In-home Practice
- * 9:30am / 6:30am - 12:15pm / 9:15am Closing Reflections, Practice and Closing Circle