TATHAGATA TRUE DHARMA (Ru Lai Zheng Fa) MEDITATION RETREAT SCHEDULE

5:30	Wake Up Call
6:00	**MORNING SERVICE-Chanting & Introspection**
7:00	**ORYOKI BREAKFAST-Chanting & Introspection**
8:00	**BREAK**
8:20	**MOVING MEDITATION-20**
8:23	Slow Walk
8:30	Faster Walk
8:40	**SITTING MEDITATION-40**
9:20	**MOVING MEDITATION-20**
9:23	Slow Walk
9:30	Faster Walk
9:40	**SITTING MEDITATION-40**
10:20	Snack
10:40	**MOVING MEDITATION-20**
10:43	Slow Walk
10:50	Faster Walk
11:00	**SITTING MEDITATION-55**
11:55	**BREAK**
12:00 noon	**ORYOKI LUNCH- Chanting & Introspection**
1:05 pm	**BREAK**
2:20 pm	**MOVING MEDITATION-20**
2:23 pm	Slow Walk
2:30 pm	Faster Walk
2:40 pm	**SITTING MEDITATION-60**
3:40 pm	**Snack**
4:00 pm	**MOVING MEDITATION-20**
4:03 pm	Slow Walk
4:10 pm	Faster Walk
4:20 pm	**SITTING MEDITATION-30**
4:50 pm	**BREAK**
5:00 om	**EVENING SERVICE-Chanting & Introspection**
6:00 pm	**ORYOKI EVENING MEDICINAL MEAL** (optional)
7:00 pm	**Dharma Discourse Reading**
8:00 pm	**BREAK or Optional Informal Sitting Meditation or Listen to Chinese Dharma Discourses**
9:30 pm	Lights Out

	BUDDHA HALL
	DINING HALL
	MEDITATION HALL