

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

6:00	<b>MORNING SERVICE-Chanting &amp; Introspection</b>
7:00	<b>ORYOKI BREAKFAST-Chanting &amp; Introspection</b>
8:00	<b>BREAK</b>
8:20	<b>MOVING MEDITATION-20</b>
8:23	Slow Walk
8:30	Faster Walk
8:40	<b>SITTING MEDITATION-40</b>
9:20	<b>MOVING MEDITATION-20</b>
9:23	Slow Walk
9:30	Faster Walk
9:40	<b>SITTING MEDITATION-40</b>
10:20	Snack
10:40	<b>MOVING MEDITATION-20</b>
10:43	Slow Walk
10:50	Faster Walk
11:00	<b>SITTING MEDITATION-60</b>
12:00 NOON	<b>BREAK</b>
12:05 pm	<b>ORYOKI LUNCH- Chanting &amp; Introspection</b>
1:05 pm	<b>BREAK</b>
2:20 pm	<b>MOVING MEDITATION-20</b>
2:23 pm	Slow Walk
2:30 pm	Faster Walk
2:40 pm	<b>SITTING MEDITATION-60</b>
3:40 pm	Snack
4:00 pm	<b>MOVING MEDITATION-20</b>
4:03 pm	Slow Walk
4:10 pm	Faster Walk
4:20 pm	<b>SITTING MEDITATION-60</b>
5:20 pm	<b>BREAK-Evening Snack-Community Room</b>
7:20 pm	<b>Dharma Discourse Reading</b>
8:30 pm	<b>EVENING SERVICE-Chanting &amp; Introspection</b>
9:10 pm	<b>BREAK</b>
10:00 pm	<b>LIGHTS OUT</b>