

TATHAGATA TRUE DHARMA (Ru Lai Zheng Fa)

MEDITATION RETREAT SCHEDULE

5:30 am	WAKE UP BELL
6:00 am	Morning Service-Chanting & Introspection
7:00 am	ORYOKI BREAKFAST-Chanting & Introspection (Orientation First Day)
8:20 am	*Moving Meditation-20 (Orientation First Day)
8:40 am	**Sitting Meditation-40 (Orientation First Day)
9:20 am	*Moving Meditation-20
9:40 am	**Sitting Meditation-40
10:20 am	SNACK
10:40 am	*Moving Meditation-20
11:00 am	**Sitting Meditation-60
NOON	ORYOKI LUNCH-Chanting & Introspection (Orientation First Day)
1:20 pm	BREAK
2:20 pm	*Moving Meditation-20
2:40 pm	**Sitting Meditation-60
3:40 pm	SNACK
4:00 pm	*Moving Meditation-20
4:20 pm	**Sitting Meditation-30
4:50 pm	BREAK
5:00 PM	Evening Service- Chanting & Introspection (Last Day-Reflection and Group Photo)
6:00 pm	ORYOKI EVENING SNACK
7:00 pm	Dharma Discourse Reading
8:00 pm	BREAK or optional informal Sitting Meditation
9:30 pm	LIGHTS OUT

	BUDDHA HALL -Lights on All Buddhas
	DINING HALL - Lights on All Buddhas
	MEDITATION HALL - Lights only on Meditation Altar

*** Zabutons (Sitting Mats) and Zafus (Sitting cushions) under tables,
tables pushed against the wall**

**** Lights dimmed, Curtains shut, Front Door locked.**

Talking related to activity may be permitted.

REVISED: September 1, 2026