



Wednesday, May 20 (first day: evening)

05:30 pm	Check-in
06:00	
06:30	
07:00	
07:30	Dinner
08:00	

Evening Session (*gongthun*) 1.5 hrs.

08:30 pm	Orientation
09:00	Introduction to meditation
09:30	
10:00	Lights out

Thursday through Sunday, May 21 to 24

06:00 am	Wake up and prepare
06:30	
07:00	Breakfast
07:30	

Morning Session (*ngathun*) 4 hrs.

08:00 am	Walking meditation (<i>korwa</i>) I
08:30	Teaching I
09:00	
09:30	
10:00	Break
10:30	Guided meditation I
11:00	
11:30	Meditation I

Morning Session continued

12:00 pm	Break
12:30	Lunch and rest
01:00	
01:30	

Afternoon Session (*chithun*) 4 hrs.

02:00 pm	Guided meditation II
02:30	
03:00	Break
03:30	Teaching II
04:00	
04:30	
05:00	Meditation II
05:30	
06:00	Break
06:30	Dinner
07:00	

Evening Session (*gongthun*) 2.5 hrs.

07:30 pm	Walking meditation (<i>korwa</i>) II
08:00	Meditation III
08:30	Discussion
09:00	Homework
09:30	
10:00	Lights out

Monday, May 25 (last day: morning)

06:00 am	Wake up and prepare
06:30	
07:00	Breakfast
07:30	

Morning Session (*ngathun*) 3 hrs.

08:00 am	Walking meditation
08:30	Meditation
09:00	Teaching
09:30	
10:00	Guided meditation and completion remarks
10:30	Gratitude Mandala Offering
11:00	Break
11:30	Lunch and checkout