

## Vipashyana Retreat Schedule and General Information

### **DAY 0**

17.00 – 18.00 Registration  
18.00 Dinner  
19.00 Dharma talk  
20.00 Sitting  
21.00 Winding down

### **DAY 1-DAY X**

05.30 Wake up gong  
06.00– 6.50 Meditation (sitting interspersed with walking)  
06.50– 7.10 Mindful Tea  
07.10– 8.00 Meditation  
08.00– 9.30 Breakfast  
09.30– 10.20 Meditation  
10.20–10.40 Mindful Tea  
10.40– 12.00 Meditation  
12.00– 12.30 Yoga  
12.30– 14.00 Lunch  
14.00– 15.00 Individual Dharma study hour  
15.00– 15.50 Meditation  
15.50– 16.10 Mindful Tea  
16.10– 17.00 Meditation  
17.10– 18.00 Free time  
18.00– 19.00 Dinner  
19.00– 20.00 Dharma talk  
20.00 Meditation  
21.00 Winding down

### **LAST DAY**

Schedule as during the earlier days, with conclusion after the session that ends at 10.20.

## **ABOUT THE RETREAT**

The focus of the retreat is continual meditation, interspersed with periods for personal study and interview with the instructor. As you can see, the schedule and format of the program is quite manageable. During the retreat everyone will be assigned one interview with the instructor, as well as periods where you can have impromptu meetings with him.

Meditation sessions will consist of 20 minutes sitting, 10 minutes walking, and 20 minutes sitting again; then a simple tea practice for 20 minutes, and then another 50 minute session as above. The first morning session ends with some short chants and the second morning session ends with time for yoga.

The atmosphere should be one of commitment to mindfulness, with a relaxed appreciation for being fully present, and courtesy towards the others in the retreat. Whatever comes, good or bad, happy or sad, we allow discursive thoughts and moods to pass on by, like imprints of a bird in the sky.

Practitioners of a particular sadhana may designate one session to their practice, which they can do in their room. The overall inspiration of the retreat is the vision of the unified intention of all vehicles; there is no Buddhist vehicle where the practice of mindfulness is not the core, and vipashyana not the objective. Hence there should be no concept of separation in terms of the vision and practice that everyone is sharing.

The format is retreat which means that there are boundaries, and the physical ones are the location where everyone commits to stay for the duration of the retreat, unless there is some unexpected serious reason to leave. Everyone also shares the boundary of speech – silence. Please respect the practice of silence. This also means no phones, email, or internet. The boundary of the mind is the common commitment to the vision of the workability of the mind, and the discipline of continual mindfulness during meditation and post-meditation. It is suggested that couples stay separately during the retreat in order to create the conditions for silence.

There is no need for apprehension about the retreat. It is for ordinary persons, but of course it requires a commitment to the project of sitting meditation, and respect for the physical and verbal boundaries. When it comes to meditation, all Buddhist traditions share the same practice of familiarizing oneself with freedom from the grip of conceptual construction, and integrating this in the post-meditation through the skillful means of compassion. The instructor will see to it that everyone is alright with the practice, as well as be available if needed for anything related to practice. The instructor will also give instructions for the practice in the evenings.

This retreat will provide a clear perspective of the core of Buddhist meditation practice, offering an opportunity to experience the path in the peace of the retreat itself, and also as a preparation for post-retreat engagement of wisdom and compassion in our everyday world.