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| --- | --- | --- | --- |
|  |  7/26 Fri |  7/27 Sat |  7/28 Sun |
| 9:00 am – 11:30 am | 1:00 pmRegistration1:30 pmOrientation2:00 pmRules for Meditation2:00 pm – 5 pmSitting and Walking Meditation | Sitting and Walking Meditation |
|  11:30 am – 1:30 pm | Lunch/Rest |
|   1:30 pm – 5 pm | Sitting and WalkingMeditation |
|  5:00 pm – 5:30 pm |  |  |  Clean Up the Place |

2024 at TOE

**Mindfulness of Breathing Retreat Schedule**

**With BHANTE SUBODHA**

* *Please arrive before 9 am on Saturday and Sunday.*
* *Please wear comfortable and decent clothes*
* *You may bring your own cushion*