|  |  |  |  |
| --- | --- | --- | --- |
|  | 7/26  Fri | 7/27  Sat | 7/28  Sun |
| 9:00 am – 11:30 am | 1:00 pm  Registration  1:30 pm  Orientation  2:00 pm  Rules for Meditation  2:00 pm – 5 pm  Sitting and Walking Meditation | Sitting and Walking  Meditation | |
| 11:30 am – 1:30 pm | Lunch/Rest | |
| 1:30 pm – 5 pm | Sitting and Walking  Meditation | |
| 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*