

# ANNUAL RETREAT

## Ceremony of Light Offering & Compassion Meditation Retreat

### Schedule

December 29<sup>th</sup> thru 31<sup>st</sup> of 2024

	<b>Sunday, 29/12/2024</b>	<b>Monday, 30/12/2024</b>	<b>Tuesday, 31/12/2024</b>
<b>04 : 45 AM</b>		Working meditation or Personal practice ( <i>optional</i> )	Working meditation or Personal practice ( <i>optional</i> )
<b>05 : 30 AM</b>		Sitting Meditation	Sitting Meditation
<b>06 : 15 AM</b>		Qi Kong & Walking meditation	Qi Kong & Walking meditation
<b>07 : 15 AM</b>		Breakfast	Breakfast
<b>08 : 15 AM</b>		Working Meditation	Working Meditation
<b>09 : 15AM</b>	Opening Ceremony Retreat & Ceremony of Lamp Offering	Great Compassion Mantra Meditation & Touching the Earth ( <i>separate programs for children</i> )	Great Compassion Mantra Meditation & Touching the Earth ( <i>separate programs for children</i> )
<b>11 : 45 PM</b>	Formal lunch	Formal lunch	Formal lunch
<b>01 : 00 PM</b>	Noble silence	Noble silence	Noble silence
<b>02 : 30 PM</b>	Great Compassion Mantra Meditation & Touching the Earth ( <i>separate programs for children</i> )	Dharma talk ( <i>separate programs for children</i> )	Dharma talk ( <i>separate programs for children</i> )
<b>04 : 00 PM</b>	Walking meditation/Playing sport	Walking meditation/Playing sport	Walking meditation/Playing sport
<b>05 : 00 PM</b>	Dinner	Dinner	Dinner
<b>05 : 45 PM</b>	Working meditation/Breaks	Working meditation/Breaks	Working meditation/Breaks
<b>06 : 30 PM</b>	Gathering around the bonfire	Gathering around the bonfire	Gathering around the bonfire
<b>07 : 30 PM</b>	Great Compassion Mantra Meditation & Touching the Earth	Tea meditation Be-in/Sharing	Beginning Anew Ceremony, Ceremony of Light Offering Closing Retreat & Welcome New Year 2025 Ceremony
<b>10 : 00 PM</b>	Noble silence	Noble silence	Noble silence

