

Silent Retreat

Bodhi Path Natural Bridge, VA
 October 18/20, 2019

Morning	8:00/9:00	9:00/9:30	9:30/10:30	10:30/11:00	11:00/12:00
Friday	Meditation	Walk	Meditation	Walk	Meditation
Saturday	Meditation	Walk	Meditation	Walk	Meditation
Sunday @ Rinpoche's reliquary	Meditation	Walk	Meditation	Walk	Meditation
Afternoon	2:00/3:00	3:00/3:30	3:30/4:30	4:30/5:00	5:00/6:00
Friday	Sharing	Walk	Meditation	Walk	Meditation
Saturday	Sharing	Walk	Meditation	Walk	Meditation
Sunday	1:00/2:00	2:00/2:30	2:30/3:30		
	Meditation	Walk	Meditation		
Sunday		9:00/10:00	10:00/10:30	10:30/11:30	
Public @ Med'Hall		BYOQ	Pause	Meditation	