

WEEKEND I: SATURDAY-SUNDAY SCHEDULE
January 11-12, 2020

Saturday

7:30	Staff prepares coffee and tea
8:00	Registrar arrives; Staff meets with Director and Assistant Directors
8:30	Participants arrive for tea and coffee
9:00	Talk (Manny): <i>Basic Goodness</i>
10:30	Short Break
10:45	Manny gives meditation instruction (with Q&A)
12:30	Catered lunch with all staff and participants
1:30	Optional outdoor walks
2:00	Sitting
2:30	Interviews
4:00	Tea
4:30	Talk (Jeanie): <i>Freedom from Laziness</i> (with Q&A)

Sunday

7:30	Staff prepares coffee and tea
8:00	Coordinator and Registrar arrives
8:30	Participants, Assistant Directors arrive for tea and coffee
9:00	Community Sitting
9:45	Community leaves/walking meditation
10:00	Talk (Elvia): <i>Mindfulness and Awareness</i> (with Q&A)
10:30	Sitting
10:45	Discussion groups
11:50	Sitting
12:00	Lunch out
1:30	Sitting
1:45	Talk (Sloane): <i>Culture of No Mistake</i> (with Q&A)
2:15	Walking
2:30	Talk (Manny): <i>Joy</i>
3:30	Invitation to the Center (Elvia)/Shambhala Training Schedule
3:45	Closing ceremony
4:00	Reception