CYM JULY 4th WEEKEND RETREAT SCHEDULE July 2–5, 2021

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|  | Friday  July 2 | Saturday & Sunday  July 3 & 4 | Monday  July 5 |
| 6:00–6:50 am |  | Chanting & meditation | Chanting & meditation |
| 8:50 –9:30 am |  | Meditation | Meditation |
| 9:30–10:15 am | Lecture & discussion | Lecture & discussion |
| 10:15 –10:30 am | Break | Break |
| 10:30–11:20 am | Lecture & discussion | Lecture & discussion: Final sharing of merits |
| 11:20 am | Lunch & Rest | End of retreat |
| 1:30–2:00 pm | Walking meditation |  |
| 2:00–2:40 pm | Sitting meditation |  |
| 2:40–3:20 pm | Lecture & discussion |  |
| 3:20–3:40 pm | Tea Break |  |
| 3:40–4:20 pm | Lecture & discussion |  |
| 4:20–5:00 pm | Meditation |  |
| 5:00–6:00 pm |  | Refreshment & break |
| 6:00–6:50 pm |  | Chanting & meditation |  |
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| 7:00–8:00 pm | Opening lecture | Dhamma talk & questions |
| 8:10– 9:00 pm | Metta Meditation & Sharing of merit | |