

Mindfulness of the Body, Mindfulness of the Mind: Schedule (US Eastern Time Zone)

Time	Fri: 03/25	Sat: 03/26	Sun: 03/27	Mon: 03/28
6:00–6:50 am (optional)	Sitting meditation & chanting	Sitting meditation & chanting	Sitting meditation & chanting	Sitting meditation & chanting
7–9 am	Breakfast, cleanup, & walk (exercise)	Breakfast, cleanup, & walk (exercise)	Breakfast, cleanup, & walk (exercise)	Breakfast, cleanup, & walk (exercise)
9:00–9:45 am	Instructions & sitting: mindfulness of breathing	Instructions & sitting: from breath to body	Instructions & sitting: from body to mind	Instructions & sitting: Contemplating mind
9:45–10:15 am	Walking meditation	Walking meditation	Walking meditation	Walking meditation
10:15–11:00 am	Mindfulness of breathing	Mindfulness of body	Mindfulness of mind	Contemplating mind
11:00–11:25 am	Walking meditation	Walking meditation	Walking meditation	Walking meditation
11:30–01:50 pm	Lunch/rest	Lunch/rest	Lunch/rest	Lunch/rest
1:50–2:20 pm	Review & questions	Review & questions	Review & questions	Review & questions
2:20–3:00 pm	Mindfulness of breathing	Mindfulness of body	Mindfulness of mind	Contemplating mind
3:00–3:30 pm	Walking meditation	Walking meditation	Walking meditation	Walking meditation
3:30–4:10 pm	Mindfulness of breathing	Mindfulness of body	Mindfulness of mind	Contemplating mind
4:10–4:30 pm	Tea break	Tea break	Tea break	Tea break
4:30–5:10 pm	Talk & questions	Talk & questions	Talk & questions	Talk & questions
5:15–5:35 pm	Chanting	Chanting	Chanting	Final sharing merits
5:35–7:00 pm	Break	Break	Break	
7:00–7:45 pm	Mindfulness of breathing	Mindfulness of body	Mindfulness of mind	
7:45–8:15 pm	Walking meditation	Walking meditation	Walking meditation	
8:15–8:55 pm	Mindfulness of breathing	Mindfulness of body	Mindfulness of mind	
8:55–9:00 pm	Sharing of merits	Sharing of merits	Sharing of merits	
9:00–10:00 pm (optional)	Continue walking & sitting	Continue walking & sitting	Continue walking & sitting	