

Insight Meditation Weekend Schedule

Friday

5:00-6:30 pm Light Dinner

6:30-7:30 pm Eva and Dan introduction and talk, logistics, gong signals beginning of noble silence

7:30-8:30 pm "Introduction to Insight Meditation" (Anapana/ breath awareness)

8:30-9:30 pm Group Meditation

9:30 pm Retire to your sleeping area

Saturday

4:00 am Morning wake-up bell

4:30-5:30 am Chanting

5:30-6:30 am Group Meditation (Anapana/ breath awareness)

6:30-6:45 am Break

6:45-8:00 am Breakfast and rest

8:00-9:00 am Teaching - "Being in the Present"

9:00-10:00 am Yoga

11:00-12:00 pm Rest and interviews with the teacher

12noon-1:00pm Lunch

1:00-2:00 pm Vipassana core teachings (Eva and Dan guided meditation)

2:00-2:30 pm Walking nature meditation or meditate in your cabin

2:30-3:30 pm Group meditation (Vipassana)

3:30-4:30 pm Teaching - "Working Within the Body"

4:30-5:00 pm Gong Savasana

5:00-6:30 pm Dinner

6:30-7:30 pm Group meditation (Vipassana)

7:30-8:30 pm Teaching - "The Feeling Body"

8:30-9:30 pm Group Meditation (Vipassana)

9:30 pm Retire to your sleeping area

Sunday

4:00 am Morning wake-up bell

4:30-5:30 am Chanting

5:30-6:30 am Group Meditation (Vipassana)

6:30-6:45 am Break

6:45-8:00 am Breakfast and rest

8:00-9:00 am Group Meditation (Vipassana)

9:00-10:00 am Yoga

10:00-11:00 am Final Teaching - "Integrating Meditation into Daily Life"

11:00-12:00 pm Mantra and Metta

12:00-1:00 pm Lunch

1:00-3:00 pm Optional Movie - Eckhart Tolle "The Flowering of Human Consciousness" or other movie