

Singapore Family Retreat – June 1st – 5th, 2019
HARMONY IN OUR HOME, JOY IN THE WORLD

Time /Date	Sat. 1 st June	Sun. 2 nd June	Mon. 3 rd June	Tue. 4 th June	Wed. 5 th June	
4:00	Arrival Day Registration 16:00 Orientation for Children and Parents	WAKE UP				
4:45		Guided Sitting Meditation & Chanting	5:30 am Walking and Outdoors Sitting Meditation Breakfast at Thay's Hut	The 14 Mindfulness Trainings Recitation	The Five Mindfulness Trainings Transmission	
6:00		Walking Meditation		Walking Meditation		
7:00		Formal Breakfast		BREAKFAST		
8:30		Singing Meditation				
9:00		Dharma Talk	Dharma Talk	Questions and Answers	Dharma Talk Closing Circle	
11:30		LUNCH				
13:00		Total Relaxation				
15:00		Dharma Sharing		Affinity Dharma Sharing		
16:30		STICK EXERCISE	STICK EXERCISE / Personal Consultation			
17:30		DINNER				
19:30		Orientation	The Five Mindfulness Trainings Presentation	Beginning Anew Presentation	BE-IN	
21:30		NOBLE SILENCE & LIGHTS OUT				

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