

M2 Rohatsu Retreat December 2016

All events except * at the M2 Mindfulness Center in Lowertown Saint Paul

Thursday December 1st	Friday December 2nd	Saturday December 3rd	Sunday December 4th	Monday December 5th
	8:30 Tea	8:30 Tea	8:30 Tea	8:30 Tea
	9:00 Seated Meditation	9:00 Seated Meditation	9:00 Seated Meditation	9:00 Seated Meditation
	9:30 Walking Meditation	9:30 Walking Meditation	9:30 Walking Meditation	9:30 Walking Meditation
	9:45 Seated Meditation	9:45 Seated Meditation	9:45 Seated Meditation	9:45 Seated Meditation
	10:15 Walking Meditation	10:15 Walking Meditation	10:15 Walking Meditation	10:15 Walking Meditation
	10:30 Dharma Talk/writing	10:30 Writing / Music	10:30 Writing / Music	10:30 Dharma Talk/writing
	11:30 Break	11:30 Seated Meditation	11:30 Seated Meditation	11:30 Seated Meditation
	12:00 Freedom Library Meditation *	12:00 Lunch	12:00 Lunch	12:00 Lunch
	1:30 Work Practice	1:30 Work Practice	1:30 Work Practice	1:30 Work Practice
	2:30 Seated Meditation	2:30 Seated Meditation	2:30 Seated Meditation	2:30 Seated Meditation
	3:00 Walking Meditation	3:00 Walking Meditation	3:00 Walking Meditation	3:00 Walking Meditation
	3:45 Seated Meditation	3:45 Seated Meditation	3:45 Seated Meditation	3:45 Seated Meditation
	4:15 Tea	4:15 Tea	4:15 Tea	4:15 Walking Meditation
				4:30 Seated Meditation
	5:00 Seated Meditation	5:00 Seated Meditation	5:00 Seated Meditation	5:00 Break
	5:30 Dinner	5:30 Dinner	5:30 Dinner	5:30 Seated Meditation
				6:30 Tea
7:00 Seated Meditation	7:00 Dharma Talk	7:00 Dharma Talk	7:00 Dharma Talk	7:00 Dharma Talk
7:30 Walking Meditation	7:30 Walking Meditation	7:30 Walking Meditation	7:30 Walking Meditation	
7:45 Seated Meditation	7:45 Seated Meditation	7:45 Seated Meditation	7:45 Seated Meditation	
				8:00 Walking Meditation
8:15 Walking Meditation	8:15 Walking Meditation	8:15 Walking Meditation	8:15 Walking Meditation	8:15 Seated Meditation
8:30 Seated Meditation	8:30 Seated Meditation	8:30 Seated Meditation	8:30 Seated Meditation	
				9:00 Closing