

## 2010 Dharma Retreat English Program

	7/3 (Sat)	7/4 (Sun)	7/5 (Mon)	7/6 (Tue)	7/7 (Wed)	7/8 (Thu)	7/9 (Fri)
04:30	Wake up call						
05:00-05:30	Morning liturgy						
05:30-06:30	meditation						
06:40-08:00	Breakfast/clean up						
08:30-09:00	<b>Opening ceremony (8:00-9:00)</b>	V.Guo Chan and V. Chang Ji (2)	V.Guo Chan and V. Chang Ji (4)				
		<b>Meditation workshop</b>	<b>Meditation workshop</b>				
09:15-10:00	Bhikkhu Bodhi(1)	V.Guo Chan and V. Chang Ji (2)	V.Guo Chan and V. Chang Ji (4)				
	Understanding the Five Aggregates	<b>Meditation workshop</b>	<b>Meditation workshop</b>				
10:15-11:00	V. Di Hsuan (1)	V. Di Hsuan(2)	Bhikkhu Bodhi(3)				
	The practice of the Bodhisattva Avalokitesvara	The practice of the Bodhisattva Avalokitesvara	Understanding the Five Aggregates				
11:30-01:00	Lunch/clean up						
01:00- 02:00							
	<b>Private Practice</b>	<b>Private Practice</b>	<b>Private Practice</b>				
02:15- 03:00	V.Guo Chan and V. Chang Ji (1)	Bhikkhu Bodhi(2)	V. Di Hsuan(3)				
	<b>Meditation workshop</b>	Understanding the Five Aggregates	The practice of the Bodhisattva Avalokitesvara				
03:15- 04:00	V.Guo Chan and V. Chang Ji (1)	V.Guo Chan and V. Chang Ji (3)	Closing ceremony				
	<b>Meditation workshop</b>	<b>Protecting the Spiritual Environment</b>					
04:30-05:50	Evening liturgy						
05:00-05:30	Meditation						
05:40-07:00	Medicinal meal/ cleaning						
07:00 -08:30	<b>All lecturers</b>	<b>All lecturers</b>					
	Q/A Discussion	Q/A Discussion					
08:45-9:15	Metta Meditation						
09:30	Light out						