



DHARMA DRUM RETREAT CENTER

Silent Illumination Intensive Retreat

May 27 – Jun 4, 2017

Led by Simon Child

Daily Schedule

4:00 AM	<i>Wake up Boards (The boards end at 4:28 in the Chan Hall)</i>
4:30	Exercise, sitting meditation
6:00	Morning Service
6:50	Breakfast, followed by work practice
7:50	Ending work practice board, Personal Time/Rest
8:15	<i>Preparation Bell</i>
8:30	Dharma talk, sitting meditation, walking, exercise, etc.
12:00 PM	Lunch, followed by work practice
1:00	Ending work practice board, Personal Time/Rest
1:30	<i>Preparation Bell</i>
1:45	Sitting meditation, etc.
5:00	Medicine meal, followed by work practice/personal time
6:30	<i>Preparation Bell</i>
6:45	Evening Service
7:15	Dharma Talk, sitting meditation, etc.
9:45	Retire
10:00	Lights Out