



## SBS Online Retreat Schedule August 2020

<b>Friday 7 August</b>	
6:00 – 8:00 p.m.	Manager's talk Teacher's introduction Group practice

<b>Saturday 8 August</b>	
7:30 – 8:15 a.m.	Posture & flexibility
9:30 – 10:30 a.m.	Practice workshop
10:30 – 11:30 a.m.	Group practice
2:30 – 3:30 p.m.	Practice workshop
3:30 – 4:30 p.m.	Group practice
7:30 – 8:30 p.m.	Dharma talk
8:30 p.m.	Karaṇīya Mettā Sutta/Close

<b>Sunday 9 August</b>	
7:30 – 8:15 a.m.	Posture & flexibility

<b>Sunday 9 August</b>	
9:30 – 10:30 a.m.	Practice workshop
10:30 – 11:30 a.m.	Group practice
2:30 – 3:20 p.m.	Group practice
3:30 – 4:30 p.m.	Beginners' mind group discussion
7:30 – 8:30 p.m.	Dharma talk
8:30 p.m.	Karaṇīya Mettā Sutta/Close

<b>Monday 10 – Saturday 15 August</b>	
7:30 – 8:15 a.m.	Posture & flexibility
9:30 – 10:30 a.m.	Practice workshop
10:30 – 11:20 a.m.	Group practice
<i>11:30 a.m. – 1:00 p.m.</i>	<i>Interviews</i>
2:30 – 3:20 p.m.	Group practice
<i>3:30 – 5:30 p.m.</i>	<i>Interviews</i>
7:30 – 8:30 p.m.	Dharma talk
8:30 p.m.	Karaṇīya Mettā Sutta/Close

<b>Sunday 16 August</b>	
7:30 – 8:15 a.m.	Posture & flexibility
9:30 – 10:30 a.m.	Practice workshop
10:30 – 11:30 a.m.	Group practice
2:00 – 3:00 p.m.	Closing circle
3:00 p.m.	End of retreat