



27th Annual SnowFlower Regional Retreat

Miracles of Mindfulness:

Transforming Uncertainty, Fear and Anger into Equanimity and Clarity

October 23-25, 2020

Led by Dharma Teacher Jack Lawlor

Friday, October 23

6:30 pm	Welcome
6:35 pm	Meditation Instructions
7:00 pm	Sit/Walk/Sit
8:00 pm	Break
8:10 pm	Short Dharma Talk
8:40 pm	Closing Instructions
8:45 pm	Adjourn in Noble Silence

Saturday, October 24

9:00 am	Sit/Walk/Sit – Choose to join us at Olin Park (1156 Olin-Turville Ct) or on Zoom
10:00 am	Break
10:15 am	Outdoor Walking at Olin Park or Sit/Walk on your own
11:00 am	Lunch and Lazy Time in Noble Silence
12:30 pm	Dharma Talk
1:30 pm	Break
1:35 pm	Plum Village Practice Song/Mindful Movement
1:50 pm	Small Group Discussion
2:55 pm	Break
3:00 pm	Sit/Walk/Sit
3:50 pm	Break
4:00 pm	Chi Gong
5:00 pm	Dinner and Lazy Time in Noble Silence
6:30 pm	Choose between Letting Go and Deep Relaxation
7:30 pm	Adjourn in Noble Silence

Sunday, October 25

8:30 am	Chant/Sit/Walk Sit
9:30 am	Sutra Recitation
10:00 am	Break
10:10 am	Dharma Talk
11:10 am	Break
11:15 am	Five Mindfulness Training
12:15 pm	Plum Village Practice Songs
12:45 pm	Adjourn