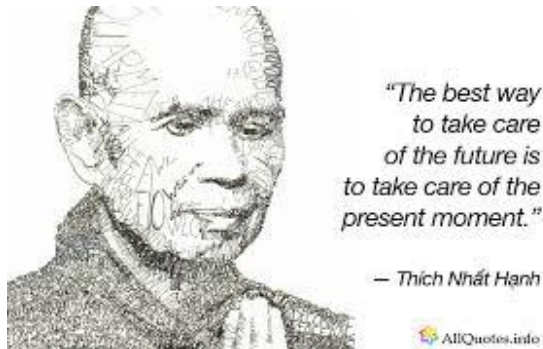




**29th Annual SnowFlower Regional Retreat**  
**Mindfulness, Joy, Confidence and Compassion in Unsettling Times**  
November 4-6, 2022

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Led by Dharma Teacher Jack Lawlor



*We will be refraining from social conversation throughout the retreat until Sunday lunch. Please help us take advantage of this opportunity to deepen our practice through silence.*

**Friday Night, November 4 – All on Zoom**

<b>Time</b>	<b>Agenda</b>
6:30 pm	Welcome The Good News (page 8)
6:35 pm	Initial Instruction in Sitting Meditation
6:50 pm	First Round of Sitting Meditation
7:10 pm	Silent Bathroom and Stretching Break
7:20 pm	Dharma Talk: <i>The Cultivation of Joy</i>
7:50 pm	Silent Bathroom and Stretching Break
8:00 pm	Second Round of Sitting Meditation
8:20 pm	Closing Instructions
8:25 pm	Adjourn in Noble Silence

## Schedule

### Saturday, November 5

Time	Agenda	Where
9:00 am	Sit/Walk/Sit	Olin Park
9:00 am	Discourse on Love (page 16) & Sit Thay's Walking Meditation (page 8) & Walk Sit	Zoom
10:00 am	Break	
10:15 am	Outdoor Walking	Olin Park
10:15 am	Outdoor or Indoor Walking or Sitting	On Your Own
11:00 am	Five Contemplations (page 3) Lunch and Lazy Time in Noble Silence	
12:30 pm	Three Refuges (page 9) Dharma Talk	Zoom
1.30 pm	Break 5 min	
1:35 pm	Sit	Zoom
1:50 pm	Small Group Discussion Introduction	Zoom
1:55 pm	Small Group Discussion	Zoom
2:55 pm	Break 5 min	
3:00 pm	Sit/Walk/Sit	Zoom
3:50 pm	Break 10 min	
4:00 pm	Chi Gong	Zoom
5:00 pm	Five Mindfulness Training Information ( <i>for those who plan to receive the Five Mindfulness Trainings in December</i> )	
5:30 pm	Dinner and Lazy Time in Noble Silence	
6:30 pm	Letting Go	Zoom
6:30 pm	Relaxing Body Scan	Zoom
7:30 pm	Adjourn in Noble Silence	

*Note: Be sure to set your clock back for the end of Daylight Savings Time.*

### Sunday, November 6 – all on Zoom

Time	Agenda
8:30 am	Sit/Walk Sit
9:30 am	Yasoja Discourse (page 4)
10:00 am	Break 10 min
10:10 am	Discourse on the Eight Realizations of the Great Beings (page 18) Dharma Talk
11:10 am	Break 5 Minutes
11:15 am	Chanting of the Heart Sutra (Insight that Brings Us to the Other Shore) Five Mindfulness Trainings Recitation (page 10)
12:10	Nourishing Happiness (page 7)
12:15 pm	Adjourn