# 33rd Annual SnowFlower Regional Retreat

*Mindfulness and Healing: Healing Ourselves and Healing the World*

Led by Dharma Teachers Jack Lawlor & Greg Grallo

**Friday, October 23**

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| 5:30 – 7:30 pm | Registration, snack, and social time |
| 7:00 | Orientation for new retreatants |
| 7:30 – 8:15 | Welcome, Land Acknowledgement Statement, dharma talk, meditation instructions |
| 8:15 – 9:15 | Evening Chant; Sitting and walking meditation; Sutra recitation: Discourse on Love |
| 9:15 – 9:30 | Additional welcoming suggestions |
| 9:30 pm | Bedtime and Noble Silence . . . Rest well! |

**Saturday, October 24**

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| 6:00 am | Wake up bell |
| 6:30 – 8:00 | Morning Chant; Sitting and walking meditation; Sutra recitation: Discourse on Happiness |
| 8:00 – 9:30 | Breakfast in Noble Silence |
| 9:45 – 11:00 | Recitation: Walking Meditation Poem; Singing; Outdoor walking and sitting meditation (weather permitting) |
| 11:15 – 12:30 pm | Dharma talk |
| 12:45 – 2:00 | Lunch in Noble Silence, Lazy Time |
| 2:00 – 3:20 | Small group discussions (preceded by a 10-minute sitting meditation) |
| 3:30 – 4:00 | Guided Group Sitting Meditation: Contemplating Limitless Life |
| 4:00– 5:45 | Lazy Time or Optional Activity |
| 4:00 – 4:45 | Five Mindfulness Trainings Orientation |
| 4:45 – 5:30 | Buddhist Practices Around Death and Dying |
| 4:45 – 5:30 | Qi Gong |
| 5:45 – 6:15 | Sitting Meditation |
| 6:30 – 7:45 | Dinner in Noble Silence |
| 7:45 – 9:00 | Dana Talk; Tea Ceremony; A brief Dharma offering in the form of a poem, song, or reflection inspired by your practice |
| 9:00 – 9:30 | Optional Outdoor Walking Meditation |
| 9:30 – 10:00 | Optional Sitting Meditation |
| 10:00 pm | Bedtime and Noble Silence |

**Sunday, October 25**

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|---|---|
| 6:00 am | Wake up bell |
| 6:30 – 8:00 | Morning Chant; Sitting and walking meditation; Sutra recitation: Discourse on Taking Refuge in Oneself |
| 8:00 – 9:45 | Breakfast in Noble Silence |
| 10:00 – 11:15 | Dharma talk |
| 11:15 – 12:30 pm | Final Gathering<br>- Dedication of the Merit of Chanting the Heart Sutra<br>- Chanting of the Heart Sutra<br>- Mindfulness Trainings Recitation<br>- Ordinations with Jack & Greg |
| 12:30 – 1:15 | Dana<br>Lunch |
| 1:15 – 3:00 pm | Cleanup |