

Daylong Meditation Retreat Schedule

Sponsored by the Metta Dharma Foundation

Saturday January 24th 2026

9:00 AM Intro and Housekeeping

9:15 AM Daylong Intention & Purpose

9:30 AM Sitting Meditation

10:00 AM Walking Meditation

10:30 AM Talk

11:00 AM Sitting Meditation

11:40AM Q&A, Checking In

12:00 PM Lunch

1:00 PM Sitting Meditation

1:40 PM Walking Meditation

2:00 PM Talk

2:30 PM Sitting Meditation

3:10 PM Walking Meditation

3:40 PM Closing

NOTES

Please bring any props; cushions, pads, yoga mats etc. to make your sitting as comfortable as possible.

Lunch is not provided. Please bring your own lunch or visit one of the nearby restaurants.

This day long will not be accessible by Zoom. It is an in-person retreat only.