

**SAMPLE**  
**Daily Full Day Retreat Schedule**  
**Sunday, March 17 - Friday, March 22**  
**ALL TIME ZONES**

**First Day and Last Day Schedules provided when Retreat Dashboard Link is available**  
**(Sat, Mar 15: 6:30pm C Start / Sat, Mar 23: 1pm C End)**

**This retreat is based on the CENTRAL TIME ZONE**

**Meditation Hall Zoom Room Link: TBA**

| Pacific           | Mountain          | CENTRAL TIME      | Eastern           | Meditation Hall | Sit Leader | Support Activities   | Connect with Support Activities   |
|-------------------|-------------------|-------------------|-------------------|-----------------|------------|--|-----------------------------------|
| 3:30am - 4:15am   | 4:30am - 5:15am   | 5:30am - 6:15am   | 6:30am - 7:15am   | Sit             | Shinzen    |  |                                   |
| 4:15am - 5:00am   | 5:15am - 6:00am   | 6:15am - 7:00am   | 7:15am - 8:00am   | Sit             | Shinzen    | 7-7:45am C: Yoga, Qi Gong, Mindful Movement  | On your own or Sessions Available |
| 5:00am - 5:45am   | 6:00am - 6:45am   | 7:00am - 7:45am   | 8:00am - 8:45am   | Sit             | Yes        | Interviews with Shinzen / Co-Teachers Brendalyn Batchelor & Avery Argenna ending at 8:30 am C  | Shinzen Sign Up Sheet HERE        |
| 5:45 am - 6:30am  | 6:45am - 7:30am   | 7:45am - 8:30am   | 8:45am - 9:30am   | Sit             | Yes        |  | Co-Teacher Sign Up Sheet HERE     |
| 6:30am - 7:30am   | 7:30am - 8:30am   | 8:30am - 9:30am   | 9:30am - 10:30am  | Breakfast       |            |  | Co-Teacher Sign Up Sheet HERE     |
| 7:30am - 8:30am   | 8:30am - 9:30am   | 9:30am - 10:30am  | 10:30am - 11:30am | Sit             | Open Sit   | *** Technique Instruction with Shinzen or Co-Teachers Brendalyn Batchelor & Avery Argenna in respective rooms<br>*** Last full day, Friday morning both groups meet in Shinzen's Room at this time | Shinzen's Room HERE               |
| 8:30am - 9:00am   | 9:30am - 10:00am  | 10:30am - 11:00am | 11:30am - 12:00pm | Sit             | Open Sit   |  | Co-Teachers' Room HERE            |
| 9:00am-9:15am     | 10:00am - 10:15am | 11:00am - 11:15pm | 12:00pm - 12:15pm | Break           | Open Sit   |  |                                   |
| 9:15am - 10:00am  | 10:15am - 11:00am | 11:15am - 12:00pm | 12:15pm - 1:00pm  | Sit/Walk        | Open Sit   | AMA for All with Shinzen   | Shinzen's Room HERE               |
| 10:00am - 10:30am | 11:00am - 11:30am | 12:00pm - 12:30pm | 1:00pm - 1:30pm   | Sit             | Open Sit   |  |                                   |
| 10:30am - 11:00am | 11:30am - 12:30pm | 12:30pm - 1:00pm  | 1:30pm - 2:00pm   | Sit             | Yes        |  |                                   |
| 11:00am - 1:00pm  | 12:00pm - 2:00pm  | 1:00pm - 3:00pm   | 2:00pm - 4:00pm   | Lunch/Rest      |            | 3:00-3:30pm C: Yoga, Qi Gong, Mindful Movement   | On your own or Sessions Available |
| 1:00pm - 1:30pm   | 2:00pm - 2:30pm   | 3:00pm - 3:30pm   | 4:00pm - 4:30pm   | Sit/Walk        | Yes        | Interviews with Shinzen / Co-Teachers Brendalyn & Avery ending at 4:30 pm C  | Shinzen Sign Up Sheet HERE        |
| 1:30pm - 2:15pm   | 2:30pm - 3:15pm   | 3:30pm - 4:15pm   | 4:30pm - 5:15pm   | Sit             | Yes        |  | Co-Teacher Sign Up Sheet HERE     |
| 2:15pm - 2:30pm   | 3:15pm - 3:30pm   | 4:15pm - 4:30pm   | 5:15pm - 5:30pm   | Break           |            |  | Co-Teacher Sign Up Sheet HERE     |
| 2:30pm - 4:00pm   | 3:30pm - 5:00pm   | 4:30pm - 6:00pm   | 5:30pm - 7:00pm   | Sit             | Shinzen    |  |                                   |
| 4:00pm - 5:15pm   | 5:00pm - 6:15pm   | 6:00pm - 7:15pm   | 7:00pm - 8:15pm   | Dinner/Rest     |            |  |                                   |
| 5:15pm - 5:45pm   | 6:15pm - 6:45pm   | 7:15pm -7:45pm    | 8:15pm - 8:45pm   | Sit             | Yes        |  |                                   |
| 5:45pm - 7:00pm   | 6:45pm - 8:00pm   | 7:45pm - 9:00pm   | 8:45pm - 10:00pm  | Evening Talk    |            | Talk in Meditation Hall  |                                   |
| 7:00pm - 7:15pm   | 8:00pm - 8:15pm   | 9:00pm - 9:15pm   | 10:00pm - 10:15pm | Break           |            | Interviews with Shinzen / Co-Teachers Brendalyn & Avery ending at 10:30 pm C   | Shinzen Sign Up Sheet HERE        |
| 7:15pm - 8:00pm   | 8:15pm - 9:00pm   | 9:15pm - 10:00pm  | 10:15pm - 11:00pm | Sit             | Yes        |  | Co-Teacher Sign Up Sheet HERE     |
| 8:00pm            | 9:00pm            | 10:00pm           | 11:00 PM          | Sleep/Yaza      | Open Sit   |  | Co-Teacher Sign Up Sheet HERE     |

Open Sit - No Sit leader, you are welcome to go to the meditation hall to sit, but sits won't be timed or bells rung