

# FWBO weekend retreats - a sample program

A weekend retreat comes and goes in a flash. It's a precious opportunity both for the leaders and retreatants, and a significant investment in time, money, and energy. A well-thought-out program will make a real difference.

Inevitably, the program will be a balance between many competing needs: providing time and space for social interaction and 'decompression'; putting in some serious practice, giving Dharma input, enjoying being out of the city and in beautiful surroundings, and just getting the food prepared on time...

Each weekend retreat is different; this is just a sample to get you thinking.

## Friday

2-3 team arrives on site and meets; dinner preparation

5-6 retreatants arrive one by one, are welcomed and settled in

6.30 supper

7.45 Introduction session: overview of the weekend, people introduce themselves; work rota filled in

8.45 dedication ceremony

## Saturday

7.00 rise

7.30 – 8.15 refuges and precepts and meditation

8.15 – 9 second meditation

9.15 breakfast

10.30 intro to theme of weekend: dharma talk or several short presentations

11.30 tea break

11.45 - 1.00 discussion groups or meditation

1.15 lunch

... followed by free time for walk, rest etc

4.00 mantra chanting and meditation

5-5.45 open space for discussion

6pm supper

6.45 team meeting

7.45 puja and open sit - possibly followed by silence overnight?

## Sunday

7.00 rise

7.30 – 8.15 refuges and precepts and meditation

8.15 – 9 second meditation

9.15 breakfast

9.45 work period for veg choppers

10.30 - 12 discussion groups or meditation

12 - 12.15 closing ritual

12.30 lunch

1.30 -2.30 clear up and depart...