

CDL3 10/31-11/5 Retreat Overview

	Mon 10/30	Tues 10/31	Wed 11/1	Thurs 11/2	Friday 11/3	Saturday 11/4	Sun 11/5
Wake up 5:30							
Yoga 6-6:30							
Sit 6:30-7:15							
Bkfst 7:15 (in silence)							
AM session 9-12:15		Silent Practice	Jack K – Tehng <u>skills</u> & exploring compassion	Eugene C – Mindfulness in gp process; one on one	Joanna M – Engaged Compass- ion	Pedagogy Daylongs, Beg. Classes, sit gps <u>etc</u>	Close
Lunch 12:15							
PM session 2:15-5:00		Come together- James & Sharda CDL role; projection	Gil F – Giving Dharma talks	Larry Yang & Terry Berman- Diversity	follow up to Joanna Med instr- comp/ forgive ness	Unscheduled – TBA as we get clear what's needed; Practice? Sm gps, etc	
5-5:30		Home groups	Home groups	Home groups	Home groups	Home groups	
Tea 5:30							
Evening 7:15-9	Openi ng- James & Sharda	JB-SR Inquiries and Q&A re: karuna	Gil F – JB Compass- ion	Larry & Terry – macro- conversation	Party	Closing circle	