

New Year's Retreat with the Aloka Vihara Bhikkhunis

Simplicity and Letting Go

New Year's Retreat Schedule December 28, 2022 - January 3, 2023

Bolded times are encouraged for everyone to attend.

OPENING DAY, Wednesday, December 28

Pacific Standard Time (California) - see [Time Zone Converter](#) for conversions

3:00 pm Opening Announcements (please attend)
3:30 pm Opening Session with the Aloka Vihara Monastics
4:30 pm Guided Meditation & Movement Meditation
5:50 pm Closing & Chanting
6:00 pm Practice on your own

DAILY SCHEDULE December 29 - January 2

6:00 am Still Meditation
7:00 am Breakfast
8:30 am Chanting & Guided Meditation
9:30 am Movement Meditation
10:00 am Morning Reflection
10:20 am Morning Practice Period (Still & Movement Meditation)
11:20 am Meal Reflection
11:30 am Daily Meal (zoom meeting will end and restart at this time)
1:30 pm Guided Meditation
2:15 pm Afternoon Practice Period (Still & Movement Meditation)
3:15 pm Qi Gong and Yoga offered by Lissa Edmond (Optional)
4:15 pm Dhamma Talk or Question & Response
5:00 pm Stretch Break
5:10 pm Silent Meditation
5:50 pm Closing & Chanting
6:00 pm Practice on your own

New Year's Eve December 31, 2022

4:15 pm Dhamma Reflection

4:45 pm Introduction to End of Year Ceremony

5:00 pm Individual Time for Reflection

6:00 pm End of Year Ceremony

7:00 - 9:00 pm Community Meditation with the Bhikkhunis (Optional)

FINAL DAY, Tuesday, January 3rd 2023

6:00 am Still Meditation

7:00 am Breakfast

8:30 am Chanting & Guided Meditation

9:30 am Movement Meditation

10:00 am Morning Reflection

10:20 am Morning Practice Period (Still & Movement Meditation)

11:20 am Meal Reflection

11:30 am Daily Meal (zoom meeting will end and restart at this time)

1:30 pm Question & Response

2:15 pm Afternoon Practice Period (Still & Movement Meditation)

4:00 pm Closing Announcements (Please Attend)

4:30 pm Closing Session

6:00 pm Retreat Formally Ends