

Touching Reality

June 15 - June 20, 2021

This schedule is for New York timezone

All coloured fields are live sessions.

All white fields are suggested times to watch sessions which may be inconvenient to stream live in your time zone. These will be available in the Retreat Platform to watch at any time after they have been streamed.

	Tuesday 15 June	Wednesday 16 June	Thursday 17 June	Friday 18 June	Saturday 19 June	Sunday 20 June
6:00 AM	Guided Sitting Meditation & Reading					
6:45 AM	Physical Exercise					
	Breakfast					
8:00 AM	Deep Total Relaxation					
9:30 AM	Dharma Talk Sr. Lăng Nghiêm	Dharma Talk Br. Pháp Linh	Workshops 5 concurrent	Questions & Answers Srs. Hội Nghiêm, Hiến N., Brs. Pháp Xả, Pháp Linh	Dharma Talk Br. Pháp Lai	
11:30 AM	Walking Meditation					
12:00 PM	Mindful Meal (Lunch) <i>followed by informal hangout in small groups (optional)</i>					Mindful Meal <i>(optional)</i>
1:30 PM	Dharma Talk Sr. Đăng Nghiêm		Panel Discussions 1) Diane Gilbert-Diamond, Lilian Cheung, Br. P. Lưu 2) Michel Bitbol, Br. P. Linh		Panel Discussions 1) David Sloan Wilson, Sr. Lăng Nghiêm, Sr. Giác An 2) Ruth Lanius, Liam Kavanagh	2:00 PM Closing Circle Celebration with musical offerings
4:00 PM		Sharing in Small Groups (Americas)	Sharing in Small Groups (Americas)	Panel Sharing <i>on engaged ethics with scientists</i>	Sharing in Small Groups (Americas)	Sharing in Small Groups (Americas)
6:00 PM	Dinner					
7:30 PM	Sitting Meditation					