

## **Tuesday**

4pm Check-In  
630-730pm Social Dinner  
730-830pm Stress Relief Meditation and Opening Talk-**Ed Sullivan**

## **Wednesday**

7-8am Eight Treasures-**Peter Stege**  
8-930am Morning Tea Talk, Breakfast and Break-**Claire Cunneen**  
930-1230pm Eight Treasures Immersion with Break-**Peter Stege**  
1230-230pm Lunch and Break  
230-530pm Eight Treasures Immersion with Break-**Claire Cunneen**  
545-630pm Silent Dinner  
630-830pm Free Time  
830-9pm Gathering

## **Thursday**

7-8am Merry-Go-Round-**Arnold Tayam**  
8-930am Morning Tea Talk, Breakfast and Break-**Arnold Tayam**  
930-1230pm Cosmic Tour Bagua/Transformation 1-**Arnold Tayam**  
1230-230pm Lunch and Break  
230-530pm Cosmic Tour Bagua/Transformation 5-**Arnold Tayam**  
545-630pm Silent Dinner  
630-8pm Welcome to Retreat talk with **Dr Mao**  
800-830pm Evening Meditation with **Dr Mao**  
830-9pm Gathering

## **Friday**

7-8am Foundational Practice and 18 Step Harmony Tai Chi with **Dr Mao**  
8-930am Breakfast and Break  
930-1115am Harmony Tai Chi with **Dr Mao**  
1130-1230pm Meditation  
1230-230pm Lunch and Break  
230-415pm Dao In-**John Barber**  
430-530pm Meditation with **Dr Mao**  
545-630pm Silent Dinner  
630-730 Free Time  
730-815pm COT Organizational Presentation-**Claire Cunneen**  
830-9pm Gathering

## **Saturday**

7-8am Morning Hike with **Dr Dao**  
8-930am Breakfast and Break  
930-11pm Morning QiGong Session with **Dr Dao and Bitu Yadidi**  
1115-1230pm Healthy Eating-**Amira Kusala**  
1230-230pm Lunch and Break  
230-330pm Healing Meditation with **Dr Dao and Bitu Yadidi**

345-530pm	Tao Talk with <b>Dr Mao</b>
545-630pm	Silent Dinner
630-830pm	Sisters and Brothers Meeting/Free Time
830-9pm	Gathering

**Sunday**

7-8am	Morning Gathering/Hike
8-930am	Breakfast and Break and Pack Up
930-1045am	Renewal/Gratitude Ceremony. End of Retreat Talk- <b>Dr Mao</b>
11am-12pm	Light Lunch