

Retreat Schedule: January 30-31, 2021

Part 1: Led by Jason Quinn JDPSN

	Saturday January 30	Saturday January 30 to Sunday January 31	Saturday January 30
	Pacific Time	Korean Time	Greenwich Mean Time
	(UTC -8)	(UTC +9)	(UTC +0)
Orientation/Sitting	6:00	23:00	14:00
Walking meditation	6:30	23:30	14:30
Sitting (Kong-an interviews start)	6:40	23:40	14:40
Walking meditation	7:10	0:10	15:10
Sitting meditation	7:20	0:20	15:20
Walking meditation	7:50	0:50	15:50
Sitting meditation	8:00	1:00	16:00
Rest break	8:30	1:30	16:30
Sitting meditation	9:30	2:30	17:30
Walking meditation	10:00	3:00	18:00
Sitting meditation	10:10	3:10	18:10
Walking meditation	10:40	3:40	18:40
Sitting meditation	10:50	3:50	18:50
Walking meditation	11:20	4:20	19:20
Sitting meditation	11:30	4:30	19:30
Rest break	12:00	5:00	20:00
Sitting meditation	13:00	6:00	21:00
Walking meditation	13:30	6:30	21:30
Sitting meditation	13:40	6:40	21:40
Walking meditation	14:10	7:10	22:10
Sitting meditation	14:20	7:20	22:20
Check-in	14:50	7:50	22:50
End of Part 1	15:00	8:00	23:00

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Part 2: Led by Andrzej Stec JDPSN

	Saturday January 30	Sunday January 31	Saturday January 30 to Sunday January 31
	Pacific Time	Korean Time	Greenwich Mean Time
	(UTC -8)	(UTC +9)	(UTC +0)
Arrival & Orientation	15:00	8:00	23:00
Sitting meditation	15:20	8:20	23:20
Walking meditation	15:50	8:50	23:50
Sitting (Kong-an interviews start)	16:00	9:00	0:00
Walking meditation	16:30	9:30	0:30
Sitting meditation	16:40	9:40	0:40
Walking meditation	17:10	10:10	1:10
Sitting meditation	17:20	10:20	1:20
Rest & Break	17:50	10:50	1:50
Sitting meditation	19:00	12:00	3:00
Walking meditation	19:30	12:30	3:30
Sitting meditation	19:40	12:40	3:40
Walking meditation	20:10	13:10	4:10
Sitting meditation	20:20	13:20	4:20
Dharma Talk with Q&A	21:00	14:00	5:00
End of Part 2: Four Great Vows	22:00	15:00	6:00

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Part 3: Led by Elizabeth Coombs JDPSN

	Saturday January 30 to Sunday January 31	Sunday January 31	Sunday January 31
	Pacific Time	Korean Time	Greenwich Mean Time
	(UTC -8)	(UTC +9)	(UTC +0)
Arrival & Orientation	22:00	15:00	6:00
Sitting meditation	22:20	15:20	6:20
Walking meditation	22:50	15:50	6:50
Sitting (Kong-an interviews start)	23:00	16:00	7:00
Walking meditation	23:30	16:30	7:30
Sitting meditation	23:40	16:40	7:40
Walking meditation	0:10	17:10	8:10
Sitting meditation	0:20	17:20	8:20
Rest & Break	0:50	17:50	8:50
Sitting meditation	2:00	19:00	10:00
Walking meditation	2:30	19:30	10:30
Sitting meditation	2:40	19:40	10:40
Walking meditation	3:10	20:10	11:10
Sitting meditation	3:20	20:20	11:20
Walking meditation	3:50	20:50	11:50
Sitting meditation	4:00	21:00	12:00
Rest & Break	4:30	21:30	12:30
Dharma Talk with Q&A	5:00	22:00	13:00
End of Retreat: Four Great Vows	6:00	23:00	14:00