

Deer Park Monastery's International Online Retreat 2024

**At Home in the World**

		March 20	March 21	March 22	March 23	March 24
<i>(Time in Vietnam)</i>	<i>(Time in California)</i>	Wednesday	Thursday	Friday	Saturday	Sunday
		At Home in the World		Flowers in the Dark	Beginning Anew	Joyfully Together
7:45 PM	5:45 AM		30' Guided Meditation and Sutra Reading	45' Guided Meditation and Touching of the Earth	30' Silent Meditation and Sutra Reading	<b>5 Mindfulness Trainings Transmission</b>
8:30 PM	6:30 AM		Total Relaxation	5 Mindfulness Trainings Presentation	Writing Love Letter	
9:30 PM	7:30 AM	<i>Breakfast (offline)</i>	<i>Breakfast (offline)</i>	<i>Breakfast (offline)</i>	<i>Breakfast (offline)</i>	<i>Breakfast (offline)</i>
11:00 PM	9:00 AM		Dharma Sharing (America)	Dharma Sharing (America)	Beginning Anew Presentation (America)	Dharma Sharing (America)
1:30 AM	11:30 AM	11:00 AM : Zoom Test Run automatically	Walking Meditation (America)	Walking Meditation (America)	Walking Meditation	Affinity Group Consultations
2:30 AM	12:30 PM	<i>Lunch (offline)</i>	<i>Lunch (offline)</i>	<i>Lunch (offline)</i>	<i>Lunch (offline)</i>	<i>Lunch (offline)</i>
5:00 AM	3:00 PM	Tech Test with Live Assistance	Mindful Exercise	Mindful Exercise	Mindful Exercise	<b>Dharma Talk</b>
6:00 AM	4:00 PM	<b>Singing &amp; Orientation</b>	<b>Chanting &amp; Dharma Talk</b>	<b>Chanting &amp; Dharma Talk</b>	<b>Questions &amp; Responses</b>	<b>4:30pm : Tea-In Festival</b>
8:00 AM	6:00 PM	<i>Dinner (offline)</i>	<i>Dinner (offline)</i>	<i>Dinner (offline)</i>	<i>Dinner (offline)</i>	<i>Dinner (offline)</i>
9:30 AM	7:30 PM	Dharma Sharing (Asia)	Dharma Sharing (Asia)	Beginning Anew Presentation (Asia)	Dharma Sharing (Asia)	

Schedule subject to change

OFFLINE
* Events in gray

LIVE FOR ALL
Events in yellow

LIVE FOR AMERICA
Events in blue

LIVE FOR ASIA
Events in green