

Deer Park Monastery's International Online Retreat 2024

At Home in the World

		March 20	March 21	March 22	March 23	March 24
(Time in Vietnam)	(Time in California)	Wednesday	Thursday	Friday	Saturday	Sunday
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	5 Mindfulness Trainings Transmission
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		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	Mindful Exercise	Mindful Exercise	Mindful Exercise	Dharma Talk
7:00 AM	4:00 PM	Singing & Orientation	Chanting & Dharma Talk	Chanting & Dharma Talk	Questions & Responses	4:30pm : Tea-In Festival
8:30 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