# WINTER RETREAT 2012

# DAILY SCHEDULE

***Schedule is subject to change*** ***Please listen for daily announcements***

**Saturday - Jan 14 - Entire day at First Unitarian Universalist Church - 635 Prosperity Farms Rd., North Palm Beach**

| | |
|---|---|
| 9:00 - 10:00 AM | Registration |
| 10:00 AM - 12:00 PM | Teachings |
| 12:00 PM | Potluck Lunch |
| 2:30 - 3:00 PM | Meditation and individual practice |
| 3:00 - 3:30 PM | Tea Break |
| 3:30 - 5:00 PM | Afternoon Practice |

**Sunday - Jan 15 - Entire day at First Unitarian Universalist Church - 635 Prosperity Farms Rd., North Palm Beach**

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| 1:00 PM | Bring any dishes for Tsok to Dining Hall |
| 2:00 PM | Purify Church for Empowerment/Sangha Recitation of Vajrasattva/Orientation for Newcomers |
| 3:00 - 6:00 PM | Empowerment and Teachings |
| 6:00 PM | Tsok |

**Monday - Jan 16 through Friday - Jan 20**

- **Morning at First Unitarian Universalist Church - 635 Prosperity Farms Rd., North Palm Beach**

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|---|---|
| 7:30 - 8:30 AM | Morning Practice (Buddha Shakyamuni Sadhana) |
| 8:30 - 9:15 AM | Light Breakfast in Dining Hall |
| 9:15 - 9:30 AM | Newcomers' Questions & Answers in Dining Hall |
| 10:00 - 12:00 PM | Teachings |
| 12:00 - 1:30 PM | Lunch in the Dining Hall and Rest Period |

- **Afternoon at Palm Beach Dharma Center - 1205 N. Federal Highway, Lake Worth**

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|---|---|
| 2:30 - 3:00 PM | Meditation and individual practice |
| 3:00 - 3:30 PM | Tea Break |
| 3:30 - 5:00 PM | Dharmapala Practice |
| 5:00 - 7:30 PM | Dinner Break on your own |
| 7:30 - 8:30 PM | Evening Practice (Heart Sutra) |

- **Please Note: After lunch on Friday, Jan 21, everyone is asked to help in packing up and moving back to the Palm Beach Dharma Center. We will need to clean up the First Unitarian Universalist Church, kitchen, and dining hall.**

**Saturday - Jan 21 - Entire day at the Palm Beach Dharma Center - 1205 N. Federal Highway, Lake Worth**

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|---|---|
| 7:30 - 8:30 AM | Morning Practice |
| 8:30 - 9:15 AM | Light Breakfast |
| 10:00 - 12:00 PM | Teachings |
| 12:00 PM | Tsok & Conclusion of Retreat |

- **Everyone is asked to stay after the Tsok and help clean up**

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**First Unitarian Universalist Church: 635 Prosperity Farms Rd., North Palm Beach 33408**
**Palm Beach Dharma Center: 1205 N. Federal Highway, Lake Worth 33460**

**Questions? Call:**

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|---|---|---|---|
| **Chris** | **561-964-9020** | **Kurt** | **561-340-9754** |
| **Michael** | **954-650-0296** | **Mark** | **561-228-1573/ 319-5427 (retreat only)** |