

Retreat Schedule: August 22-23, 2020			
Part 1: Led by Jason Quinn JDPSN			
	Saturday August 22	Saturday August 22 to Sunday August 23	Saturday August 22 to Sunday August 23
	Pacific Time	Korean Time	Central European Time
	(UTC -7)	(UTC +9)	(UTC +2)
Orientation/Sitting	6:00	22:00	15:00
Walking meditation	6:30	22:30	15:30
Sitting (Kong-an interviews start)	6:40	22:40	15:40
Walking meditation	7:10	23:10	16:10
Sitting meditation	7:20	23:20	16:20
Walking meditation	7:50	23:50	16:50
Sitting meditation	8:00	0:00	17:00
Rest break	8:30	0:30	17:30
Sitting meditation	9:30	1:30	18:30
Walking meditation	10:00	2:00	19:00
Sitting meditation	10:10	2:10	19:10
Walking meditation	10:40	2:40	19:40
Sitting meditation	10:50	2:50	19:50
Walking meditation	11:20	3:20	20:20
Sitting meditation	11:30	3:30	20:30
Rest break	12:00	4:00	21:00
Sitting meditation	13:00	5:00	22:00
Walking meditation	13:30	5:30	22:30
Sitting meditation	13:40	5:40	22:40
Walking meditation	14:10	6:10	23:10
Sitting meditation	14:20	6:20	23:20
Check-in	14:50	6:50	23:50
End of Part 1	15:00	7:00	0:00

Retreat Schedule: August 22-23, 2020			
Part 2: Led by Kathy Park JDPSN			
	Saturday August 22	Sunday August 23	Sunday August 23
	Pacific Time	Korean Time	Central European Time
	(UTC -7)	(UTC +9)	(UTC +2)
Arrival & Orientation	15:00	7:00	0:00
Soen Yu exercises	15:15	7:15	0:15
Sitting meditation	15:40	7:40	0:40
Walking meditation	16:10	8:10	1:10
Sitting (Kong-an interviews start)	16:20	8:20	1:20
Walking meditation	16:50	8:50	1:50
Sitting meditation	17:00	9:00	2:00
Walking meditation	17:30	9:30	2:30
Sitting meditation	17:40	9:40	2:40
Rest & Break	18:10	10:10	3:10
Chanting: Thousands Eyes & Hands and Kwan Seum Bosal	19:20	11:20	4:20
Sitting meditation	19:50	11:50	4:50
Walking meditation	20:20	12:20	5:20
Sitting meditation	20:30	12:30	5:30
Dharma Talk with Q&A	21:00	13:00	6:00
End of Part 2: Four Great Vows	22:00	14:00	7:00

Retreat Schedule: August 22-23, 2020			
Part 3: Led by Arne Schaefer JDPSN			
	Saturday, August 22 to Sunday, August 23	Sunday August 23	Sunday August 23
	Pacific Time	Korean Time	Central European Time
	(UTC -7)	(UTC +9)	(UTC +2)
108 Bows	22:00	14:00	7:00
Soen Yu exercises	22:15	14:15	7:15
Sitting meditation	22:40	14:40	7:40
Walking meditation	23:10	15:10	8:10
Sitting (Kong-an Interviews Start)	23:20	15:20	8:20
Walking meditation	23:50	15:50	8:50
Sitting meditation	0:00	16:00	9:00
Walking meditation	0:30	16:30	9:30
Sitting meditation	0:40	16:40	9:40
Walking meditation	1:10	17:10	10:10
Sitting meditation	1:20	17:20	10:20
Walking meditation	1:50	17:50	10:50
Sitting meditation	2:00	18:00	11:00
Walking meditation	2:30	18:30	11:30
Sitting meditation	2:40	18:40	11:40
Rest	3:10	19:10	12:10
Sitting meditation	4:40	20:30	13:30
Dharma Talk with Q&A	5:00	21:00	14:00
Kwan Seum Bosal chanting	6:00	22:00	15:00
End of retreat	6:15	22:15	15:15