

SUNDAY MORNING

AUGUST 9TH - NOVEMBER 29TH



9:30–10:00 AM: Sitting Meditation

10:00–10:15 AM: Walking Meditation

10:15–10:50 AM: Dharma Talk

10:50 AM: Chanting in Chán Hall

11:10 AM: Walking to the Blue Lotus House

11:20–11:45 AM: Dharma Sharing

11:45 AM: Vegetarian Lunch at the Blue Lotus House

Everyone is invited to stay for lunch. Feel free to bring a dish to share and let us know if you plan to bring one.

12:30 PM Informal Dharma Discussion & Q&A with our Venerable monastics and teachers.