

The Heart of Mindfulness 5-Day Silent Retreat Schedule
Saturday, April 25 – Wednesday, April 29, 2026
9 a.m. to 5 p.m. (09:00-17:00) Eastern Time (each day)
Online via Zoom Teleconference

Saturday, April 25

9:00 – 11:00 am	Introductory Talks and Practices
11:00 – 12:00 pm	Guided Meditation
12:00 – 12:30 pm	Walking Meditation
12:30 – 1:30 pm	Lunch
1:30 – 2:00 pm	Movement
2:00 – 2:30 pm	Unguided Sitting Meditation
2:30 – 3:15 pm	Walking Meditation
3:15 – 4:15 pm	Dharma Talk
4:15 – 5:00 pm	Heart Practice and Closing

Sunday, April 26

9:00 – 10:00 am	Guided Meditation
10:00 – 10:45 am	Walking Meditation
10:45 – 11:15 am	Unguided Sitting Meditation
11:15 – 12:00 pm	Walking Meditation/Group A
12:00 – 12:30 pm	Unguided Sitting Meditation/Group A
12:30 – 1:30 pm	Lunch
1:30 – 2:00 pm	Movement
2:00 – 2:30 pm	Unguided Sitting Meditation/Group B
2:30 – 3:15 pm	Walking Meditation/Group B
3:15 – 4:15 pm	Dharma Talk
4:15 – 5:00 pm	Heart Practice and Closing

Monday, April 27

9:00 – 10:00 am	Guided Meditation
10:00 – 10:30 am	Walking Meditation/Group C
10:30 – 11:15 am	Unguided Sitting Meditation/Group C
11:15 – 11:45 am	Walking Meditation/Group A
11:45 – 12:30 pm	Unguided Sitting Meditation/Group A
12:30 – 1:30 pm	Lunch
1:30 – 2:00 pm	Movement
2:00 – 2:45 pm	Unguided Sitting Meditation/Group B
2:45 – 3:15 pm	Walking Meditation/Group B
3:15 – 4:15 pm	Dharma Talk
4:15 – 5:00 pm	Heart Practice and Closing

Tuesday, April 28

9:00 – 10:00 am	Guided Meditation
10:00 – 10:30 am	Walking Meditation/Group C
10:30 – 11:15 am	Unguided Sitting Meditation/Group C
11:15 – 11:45 am	Walking Meditation
11:45 – 12:30 pm	Unguided Sitting Meditation
12:30 – 1:30 pm	Lunch
1:30 – 2:00 pm	Movement
2:00 – 2:45 pm	Unguided Sitting Meditation
2:45 – 3:15 pm	Walking Meditation
3:15 – 4:15 pm	Dharma Talk
4:15 – 5:00 pm	Heart Practice and Closing

Wednesday, April 29

9:00 – 10:00 am	Guided Meditation
10:00 – 10:30 am	Walking Meditation
10:30 – 11:15 am	Unguided Sitting Meditation
11:15 – 11:45 am	Walking Meditation
11:45 – 12:30 pm	Unguided Sitting Meditation
12:30 – 1:30 pm	Lunch
1:30 – 2:00 pm	Movement
2:00 – 2:45 pm	Guided Sitting Meditation
2:45 – 3:15 pm	Closing Talk
3:15 – 4:15 pm	Sharing
4:15 – 5:00 pm	Heart Practice and Closing