



Lovingkindness Online Retreat

with Oren Jay Sofer, Dawn Scott & Jessica Morey

This program may be engaged as a silent retreat and/or as a compliment to daily life. If you would like to engage in a silent retreat, here is a suggested schedule for a home retreat. All times are listed in ET.

Sessions in bold are live sessions that are led by a teacher, and they will be livestreamed and recorded. Unbolded sessions serve as guidance for your at-home retreat container. There is no direct interaction with the onsite teachers during this retreat.

Please note that this schedule is subject to change.

Thursday, April 23rd

6:30 pm: Optional Technical Orientation with IMS Online (This session will review how to access the livestream and other program materials)

7:15 pm: Opening and Welcome

Friday, April 24th

5:30 am: Wake up

6:00 am: Sitting Meditation

6:30 am: Breakfast

7:15 am: Walking Meditation

8:15 am: Sitting Meditation and Instructions

9:15 am: Walking Meditation

10:00 am: Sitting Meditation

10:45 am: Walking Meditation

11:30 am: Sitting Meditation

12:00 pm: Lunch

1:45 pm: Sitting Meditation

2:30 pm: Walking Meditation

3:30 pm: Guided Meditation and Reflection

4:15 pm: Walking Meditation

5:00 pm: Light Dinner

6:30 pm: Sitting Meditation

7:00 pm: Walking Meditation

7:30 pm: Dharma Talk

8:20 pm: Walking Meditation

9:00 pm: Sitting Meditation and Chanting

9:15 pm: Further practice or Rest

Saturday, April 25th

5:30 am: Wake up

6:00 am: Sitting Meditation

6:30 am: Breakfast

7:15 am: Walking Meditation

8:15 am: Sitting Meditation and Instructions

9:15 am: Walking Meditation

10:00 am: Sitting Meditation

10:45 am: Walking Meditation

11:30 am: Sitting Meditation

12:00 pm: Lunch

1:45 pm: Sitting Meditation

2:30 pm: Walking Meditation

3:30 pm: Guided Meditation and Reflection

4:15 pm: Walking Meditation

5:00 pm: Light Dinner

6:30 pm: Sitting Meditation

7:00 pm: Walking Meditation

7:30 pm: Dharma Talk

8:20 pm: Walking Meditation

9:00 pm: Sitting Meditation and Chanting

9:15 pm: Further practice or Rest

Sunday, April 26th

5:30 am: Wake up

6:00 am: Sitting Meditation

6:30 am: Breakfast

7:15 am: Walking Meditation

8:15 am: Sitting Meditation and Instructions

9:15 am: Walking Meditation

10:00 am: Sitting Meditation

10:45 am: Walking Meditation

11:30 am: Sitting Meditation

12:00 pm: Lunch

1:45 pm: Sitting Meditation

2:30 pm: Walking Meditation

3:30 pm: Guided Meditation and Reflection

4:15 pm: Walking Meditation

5:00 pm: Light Dinner

6:00 pm: Online Student Q&A in Zoom

6:45 pm: Sitting Meditation

7:00 pm: Walking Meditation

7:30 pm: Dharma Talk

8:20 pm: Walking Meditation

9:00 pm: Sitting Meditation and Chanting

9:15 pm: Further practice or Rest

Monday, April 27th

5:30 am: Wake up

6:00 am: Sitting Meditation

6:30 am: Breakfast

7:15 am: Walking Meditation

8:15 am: Sitting Meditation and Instructions

9:15 am: Walking Meditation

10:00 am: Sitting Meditation

10:45 am: Walking Meditation

11:30 am: Sitting Meditation

12:00 pm: Lunch

1:45 pm: Sitting Meditation

2:30 pm: Walking Meditation

3:30 pm: Guided Meditation and Reflection

4:15 pm: Walking Meditation

5:00 pm: Light Dinner

6:30 pm: Sitting Meditation

7:00 pm: Walking Meditation

7:30 pm: Dharma Talk

8:20 pm: Walking Meditation

9:00 pm: Sitting Meditation and Chanting

9:15 pm: Further practice or Rest

Tuesday, April 28th

5:30 am: Wake up

6:00 am: Sitting Meditation

6:30 am: Breakfast

7:15 am: Walking Meditation

8:15 am: Sitting Meditation and Instructions

9:15 am: Walking Meditation

10:00 am: Sitting Meditation

10:45 am: Walking Meditation

11:30 am: Sitting Meditation

12:00 pm: Lunch

1:45 pm: Sitting Meditation

2:30 pm: Walking Meditation

3:30 pm: Guided Meditation and Reflection

4:15 pm: Walking Meditation

5:00 pm: Light Dinner

6:30 pm: Sitting Meditation

7:00 pm: Walking Meditation

7:30 pm: Dharma Talk

8:20 pm: Walking Meditation

9:00 pm: Sitting Meditation and Chanting

9:15 pm: Further practice or Rest

Wednesday, April 29th

5:30 am: Wake up

6:00 am: Sitting Meditation

6:30 am: Breakfast

7:15 am: Walking Meditation

8:15 am: Sitting Meditation and Instructions

9:15 am: Walking Meditation

10:00 am: Sitting Meditation

10:45 am: Walking Meditation

11:30 am: Sitting Meditation

12:00 pm: Lunch

1:45 pm: Sitting Meditation

2:30 pm: Walking Meditation

3:30 pm: Dana Talk

4:15 pm: Walking Meditation

5:00 pm: Light Dinner

6:30 pm: Sitting Meditation

7:00 pm: Walking Meditation

7:30 pm: Dharma Talk

8:20 pm: Walking Meditation

9:00 pm: Sitting Meditation and Chanting

9:15 pm: Further practice or Rest

Thursday, April 30th

5:30 am: Wake up

6:00 am: Sitting Meditation

6:30 am: Breakfast

7:30 am: Continue Practice in Any Posture

9:00 am: Course Closing

10:30 am: Retreat Ends