

# Saturday Retreat Meditation Schedule

at Queen's House of Retreat, 601 Taylor St W, Saskatoon  
with Ajahn Subharo

Time	Activity	meditation
8:30am-8:45am	Arrive, drink coffee/tea, settle in, be seated for 8:45	
8:45am-9:15am	Meditation Instructions	
9:15am-10:15am	Sitting Meditation	60 mins
10:15am-10:30am	- break -	
10:30am-11:30am	Sitting Meditation	60 mins
11:30am-11:40am	- break -	
11:40am-12:30pm	Sitting or Walking Meditation	50 mins
12:30-2:00pm	<b>Lunch, cleanup, drink coffee/tea</b>	
2:00pm-2:30pm	Meditation Instructions	
2:30pm-3:20pm	Sitting Meditation	50 mins
3:20pm-3:30pm	- break -	
3:30pm-4:20pm	Sitting or Walking Meditation	50 mins
4:20pm-4:30pm	- break -	
4:30pm-5:00pm	Dhamma Talk	
5:00pm	<b>Finish. Total meditation per day -&gt;</b>	<b>4 hrs 30 mins</b>

## Notes:

- Please be on time for each event. Please keep your intention firm on attending as you've agreed, and avoid changing your mind.
- Please be aware of any Covid Requirements, which the Saskatchewan gov't requires. These were greatly scaled back on Feb. 28, 2022.