



Buddhist Sangha of Bucks County

*New Year's Eve Retreat into Being
December 31, 2017*

7:00 – 7:30 pm	Welcome, settle in, quiet sitting meditation
7:30 – 8:00 pm	Walking session
8:00 – 8:40 pm	Opening session and bells meditation
8:40 – 9:00 pm	Walking session
9:00 – 9:30 pm	Quiet sitting
9:30 – 10:00 pm	Tea: share readings, poems, intentions
10:00 – 10:30 pm	Mindful movement
10:30 – 11:45 pm	Alternating quiet sitting and walking
11:45 – 12:00 am	Closing and final chant