



Dharma Family Retreat | July 18, 1999

Instructions

Body Scan Meditation

Kinhin (Walking Meditation)

Breathing Meditation (Counting Exhalations)

30 minute Break in Silence with refreshments

Listening Meditation I (Bare Attention)

Listening Meditation II (Hua T'ou)

Breathing Meditation II (Bare Attention)

Shikantaza Meditation (Mahamudra / Dzogchen)

Lunch Break in Silence -

Suggested activities -mindfulness on eating, leaf blowing meditation, walking, reading, resting.

Resume Sesshin & Instructions

Cakra Visualization Meditation

Listening Meditation III (Guided)

Shikantaza II

Extending Love & Compassion

Debriefing and Discussion

End of Sesshin & Refreshments