

	Deer Park Monastery Online Retreat (8-12 September 2026)				
	<i>True Love Heals</i>				
	Sept 8 (Tuesday)	Sept 9 (Wednesday)	Sept 10 (Thursday)	Sept 11 (Friday)	Sept 12 (Saturday)
Time in California	The Journey Begins	Joy	Loving-Kindness	Compassion	Equanimity
6:00 AM		30' Guided Sitting Meditation & Reading text before 3 Earth Touchings	30' Guided Sitting Meditation & Reading text before 3 Earth Touchings	30' Guided Sitting Meditation & Reading text before 3 Earth Touchings	5 Mindfulness Trainings Transmission Ceremony (with Vietnamese translation)
6:45 AM		Walking Meditation (live-streamed in the beginning)	Walking Meditation (live-streamed in the beginning)	Walking Meditation (live-streamed in the beginning)	
7:30 AM	Breakfast (offline)	Breakfast (offline)	Breakfast (offline)	Breakfast (offline)	Breakfast (offline)
9:30 AM		Namo'valo Chant & Dharma Talk	For a Future to be Possible	Art of Communicating	Questions & Responses
11:30 AM	Zoom Test Running Automatically for friends	Exercise Time	Exercise Time	Exercise (10 MMs) or Affinity Group Consultations	Exercise with Qi Gong Master
12:30 PM	Lunch (offline)	Live-stream Lunch	Live-stream Lunch	Live-stream Lunch	Live-stream Lunch
2:30 PM	Tech Team Assemble/Synchronize	Deep Relaxation	Deep Relaxation	Deep Relaxation	Deep Relaxation
4:00 PM	Singing Meditation & The Journey Begins	Dharma Sharing	Dharma Sharing	Dharma Sharing	4:00 PM 45' Dharma Talk
					5:00 PM Joyful Closing Circle with music & sharings
6:00 PM	Dinner (offline)	Dinner (offline)	Dinner (offline)	Dinner (offline)	Retreat ends The Journey Continues
7:30 PM	30' Guided Sitting Meditation & 3 Earth Touchings in silence	30' Silent Sitting Meditation & 3 Earth Touchings in silence	30' Silent Sitting Meditation & 3 Earth Touchings in silence	30' Silent Sitting Meditation & 3 Earth Touchings in silence	
9:00 PM	Noble Silence & Tech Lights Out	Noble Silence & Tech Lights Out	Noble Silence & Tech Lights Out	Noble Silence & Tech Lights Out	
	Color Key:				
	Events in gray: offline for retreatants	Events in blue: Dharma sharing in Zoom rooms	Events in green: broadcast recording	Events in yellow: Live sessions (everybody in main Zoom room)	Events in light yellow: live stream in beginning