

Peaceful Steps to a Tranquil Heart

A Day of Mindfulness — Knoxville

April 13, 2013

Dharma Hall bellmaster: Barbara Carter

10:00: Welcome and facilities orientation (Jim)

Practice orientation and meditation instructions (Leslie)

10:15-11:00 Guided sitting and indoor walking meditation

Chanting to Avalokitesvara

11:00-11:15 Silent Break

11:15-12:30 Dharma teaching (Leslie)

Lunch intro: Jim (including mindful eating)

12:40-1:40 Silent lunch (Bellmaster: Barbara; 5 contemplations reader: Jim)

1:45-2:15 Outdoor walking meditation (Led by Fred; Bellmaster: Marsha)

2:30-3:30 Five MT transmission ceremony

Incense Offeror/Touching the Earth chanter: Leslie

Incense Assistant: Barbara

Aspirant Representative: Linda

Sanghakarman Master: Deborah

Sanghakarman Convenor: Liz

Reader #1: Corinne

Reader #2: Baxter

Reader #3: Wanda

Reader #4: Jim

Reader #5: Corinne

3:30 Joyful break

3:40-4:00 Mindful movements or mindful stretching/yoga? (Corinne)

4:00-5:00 Dharma Sharing/Closing Circle (Facilitator: Linda Doyle)