

A QIGONGDHARMA WISDOM RETREAT
THE FIVE MANDALAS OF WHOLENESS

As a Compass for Living in Balance, Compassion and Kindness

with Roshi Teja Fudo Myoo

Tuesday April 21st 2026 Schedule

2 ^{pm} to 4 ^{pm}	Arrive, Check-in, get your room and settle in
4 ^{pm} to 4:30 ^{pm}	Main Hall ~ Welcome and Orientation by Retreat Manager, Q&A with Applegate staff
4:30 ^{pm} to 5:30 ^{pm}	Welcome and Retreat Orientation by Teja Overview / Sharing Intentions / Brief Q&A
5:30 ^{pm}	Evening Dinner / talking allowed
7 ^{pm} to 8:30 ^{pm}	Orientation and Practice with Teja

A QigongDharma Wisdom Retreat

The Five Mandalas of Wholeness

As a Compass for Living in Balance, Compassion, and Kindness

with Roshi Teja Fudo Myoo

Wednesday, Thursday, Friday, Saturday, April 22nd – 25th, 2026 Schedule

6:30^{am} Wake-up Bell

7^{am} - 8^{am} Morning Practice with Teja

8^{am} Breakfast (in noble silence)

9^{am} Optional 24-minute silent sit with practice leaders

(arrive 5 minutes early – no other entry into the meditation hall until 5 minutes before the next session)

9:30^{am} Morning Session with Teja (session will include 1 or 2 short breaks)

Noon Lunch (in noble silence)

12:30^{pm} talking optional outside dining area till 2:30^{pm}

2:30^{pm} Optional 24 minute silent sit with practice leaders

(arrive 5 minutes early – no other entry into the meditation hall until 5 minutes before next session)

3^{pm} Afternoon Session with Teja (session will include 1 or 2 short breaks)

5:30^{pm} Supper (in noble silence)

6:30^{pm} Optional 24 minute silent sit with practice leaders

(arrive 5 minutes early – no other entry into the meditation hall until 5 minutes before next session)

7^{pm} - 8:30^{pm} Evening Session with Teja

- ☯ This retreat is primarily practiced in Noble Silence.
 - Exceptions include the arrival and settling-in periods, designated times, and the final day after morning practice.
- ☯ Engaging in conversation and connecting with the community during the retreat and at designated times is optional.
 - The other exception is community interactions and Q&A during sessions led by Teja or staff.
- ☯ If you wish to remain in silence during the retreat, please wear a 'silence' sticker.
- ☯ The retreat managers are available for logistical support questions.
- ☯ Please refer other questions for Teja and support staff to the staff communication board in the dining hall.
- ☯ The meditation hall remains silent, except at specific times during sessions and cleanup time.
- ☯ If you go on a solo hike, have a designated partner to check in with **before** and **after** the hike – no exceptions!
- ☯ No food is allowed in the rooms. Food or snacks are permitted only in the common areas.
- ☯ Water and beverages are allowed in your room.
- ☯ Noble silence includes refraining from using cell phones or computers.
 - Exceptions are to be cleared with the retreat manager.

A QIGONGDHARMA WISDOM RETREAT

THE FIVE MANDALAS OF WHOLENESS

AS A COMPASS FOR LIVING IN BALANCE, COMPASSION, AND KINDNESS

WITH ROSHI TEJA FUDO MYOO

Sunday April 26th 2026 Schedule

6:30 ^{am}	Wake-up Bell
7 ^{am} to 8 ^{am}	Morning Practice with Teja Instructions for coming out of silence
8 ^{am} to 9:30 ^{am}	Breakfast (out of silence) Room Cleanup and pack-up
9:30 ^{am}	Completing Session Final Announcements by retreat managers Community practice and discussion
10:30 ^{am}	Hall cleanup and good-byes
11:00 ^{am}	Safe Journey homeward