

*No Mud, No lotus.*  
*Breathe, Pray, Embrace and do our best*  
(March 22, 2025; 51st in our DOM series)

- 10:00 Silent sit
- 10:10 Self Introduction and Housekeeping
- 10:30 Welcome
- 10:40 Sitting Meditation  
(*Namo Avalokiteshvara Chanting; Guided Meditation*)
- 11:10 Short Break (*in silence*)
- 11:20 Qigong for Internal Organ Health / Healing
- 11:40 Mindful Walking & songs
- 12:00 Lunch & Break  
  
(*Five contemplations, first 20 minute silent eating, then groups of 4 sharing* )
- 1:30 Chanting/Invoking Buddhas and Bodhisattva names  
and Deep Relaxation
- 2:10 Short Break (*in silence*)
- 2:20 Dharma Sharing
- 3:10 Dharma Discussions (*return to same groups of 4*)
- 3:40 Closing  
  
(*Songs; Sharing the Merit; Reflections*)
- NOTE: Dana checks to Compassion Meditation Center (CMC)**