

*Wisdom
& Transformation in Stillness*
(Sept. 19, 2026; 54th in our DOM series)

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| 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) |
| 1:15 | Touching the Earth |
| 1:40 | Deep Relaxation |
| 2:10 | Short Break (in silence) |
| 2:20 | Dharma Sharing |
| 3:10 | Dharma Discussions (same groups of 4) |
| 3:40 | Closing (Songs; Reflections & Sharing the Merit) |
- NOTES:
- DANA checks to Compassion Me ditation Center (CMC)
 - PLS RETURN PLASTIC NAME TAGS