



Dharma Drum Mountain San Francisco Bay Area Center

Illuminating Silence: Four-Day Retreat Schedule

December 4 – December 7, 2026

Led by Dr. Rebecca Li

December 4

5:00 – 7:00 PM	Check-In
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7:30	Opening Session
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10:00	Lights Out
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December 5 – December 6

5:00 AM	Morning Boards
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5:30	Morning Session 1
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7:30	Breakfast + Mindful Work
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9:00	Morning Session 2
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12:00 PM	Lunch + Mindful Work
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1:45	Afternoon Session
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5:00	Medicine Meal + Mindful Work
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7:00	Evening Session
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10:00	Lights Out
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December 7

5:00 AM	Morning Boards
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5:30	Morning Session 1
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7:30	Breakfast + Mindful Work
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9:00	Closing Session
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10:00 AM	End of Retreat + Tea Time
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