

## Dharma Training for School Teachers

Thursday, July 20

- 4:00 pm Ice Breaker: Self Introductions and Experiences in Education and Teaching
- 6:00 pm Welcome Dinner
- 7:30 pm Discussion

Friday, July 21

- 7:30 am Exercise – Meditation
- 8:00 am Breakfast
- 9:00 am *How did Buddha Teach? part I* Lecture by Bhante Seelawimala
- 12:00 pm Lunch
- 1:30 pm *How did Buddha Teach? part II* Lecture by Bhante Seelawimala  
Discussion
- 3:30 pm Break
- 4:00 pm *Supporting Each Other* Lecture by Rev. Kodo Umezū:
- 6:00 pm Dinner on your own
- 7:30 pm Discussion

Saturday, July 22

- 7:30 am Exercise - *Taichi*
- 8:00 am Breakfast
- 9:00 am *Living a “Triple A” Life part I* Lecture on Jodo Shinshu Buddhism  
by Rev. Dr. David Matsumoto
- 12:00 pm Lunch
- 1:30 pm *Living a “Triple A” Life part II* Lecture on Jodo Shinshu Buddhism  
by Rev. Dr. David Matsumoto
- 3:30 pm Break
- 4:00 pm Dialogue with Rev. Umezū & Rev. Dr. Matsumoto
- 6:00 pm Dinner on your own
- 7:30 pm Discussion

Sunday, July 23

- 7:30 am Exercise - *Qigong*
- 8:00 am Breakfast
- 9:30 am Attend Sunday Service at Berkeley Buddhist Temple
- 11:00 am Wrap-up Session: Reflections and Outcomes
- 12:00 pm Lunch (optional)

*(Schedule subject to change)*