

Residential Forest Refuge Retreat Schedule

- Please contact the Forest Refuge office (fr(at)dharma.org or 978-355-2063) before your start date to schedule an arrival time between 2:00 – 7:00 pm. All Forest Refuge retreatants are welcomed in person on arrival and meet with IMS Retreat Support staff before entering the retreat environment.
- On the day of your departure, you'll need to vacate your room by 10:00 am. However, if you're not scheduled to leave the center until later in the day, you're welcome to continue practicing beyond this time – your luggage can be safely stored in the Forest Refuge administration building.
- During most months at the Forest Refuge there is a suggested daily schedule. Retreatants are encouraged to help create a sense of community by attending the 8:30 am meditation session as well as the twice weekly dharma talks. Occasionally, teachers will offer a more structured schedule during their teaching periods.
- For more information about the Forest Refuge daily and weekly schedules, please see these [Guidelines](#).