

Yom Kippur 2025

Outline of the day (Times are approximate)

10:05	Gathering
10:15	Opening Framing the day - Taking of the refuges and 5 precepts
10:30	Guided Sitting Meditation
11:00	15-minute walk or stretch
11:15	DHAMMA TALK
11:45	SHORT SILENCE AND THEN Confessional (Vidui)
12:15	15-minute walk or stretch
12:30	Sit
1:00	Dana Talk
1:15	Walking meditation inside or outside or rest period
2:15	Guided Sitting meditation
2:45	Walk
3:00	Dharma talk
3:30	SHORT SIT
3:45	WALKING PRACTICE
4:00	meditation on the 5 reflections.
4:15	Yizkor – Honoring connection through time
4:40	Dharma Reflections
5:00	Ancestor Meditation
5:15	Guided forgiveness meditation
5:30	Final Confessional
5:45	Group Sharing and Reflection on the day
6:15	Reflections upon, and taking the Five precepts
6:30	Metta sutta and dedication of merit
6:40	Closing SHOFAR
6:45	Break fast