

Mindfulness Immersed in the Body—An Embodied Awakening
At Home Retreat Schedule
July 31st to August 2nd, 2020

(all times are Eastern Daylight Time)

* = Zoom Session

Friday July 31st

*5:00 - 6:00pm	Orientation & social time
6:00 - 7:30	Personal time
*7:30 – 8:15	Welcome / Opening talk
*8:15 – 9:00	Meditation instruction / sitting practice
9:00...	Rest or further practice

Saturday August 1st

*6:30 – 7:15am	Sitting meditation—practice leader
7:15 – 9:00	Personal time
*9:00 – 10:00	Meditation instruction / sitting meditation
*10:00 -- 10:10	Walking meditation instruction (optional)
10:00 – 10:45	Walking meditation / mindful movement
*10:45 – 11:30	Sitting meditation online with practice leader or on your own
11:30 – 12:00pm	Walking meditation / mindful movement (on your own)
*12:00 – 12:30	Q & A / discussion (video optional)
12:30 – 2:00	Personal time
*2:00 – 2:45	Meditation instruction / sitting meditation
*2:45 – 3:30	Guided qigong movement online (or walking meditation on your own)
*3:30 – 4:15	Sitting meditation online with practice leader or on your own
*4:15 – 5:45	Embodiment exercise followed by discussion (video optional)
5:45 – 7:30	Personal time
*7:30 – 8:15	Dharma talk (video optional until Q&A)
*8:30 – 9:00	Chanting and guided metta meditation online
9:00....	Rest or further practice

Sunday August 2nd

*6:30 – 7:15am	Sitting meditation—practice leader
7:15 – 9:00	Personal time
*9:00 – 9:45	Meditation instruction / sitting meditation
9:45 – 10:30	Walking meditation / mindful movement (on your own)
*10:30 – 12:00pm	Closing session
12:00 - 12:30	Social time