

Turning Poison into Medicine

An At Home Insight Meditation Retreat with David Chernikoff
(All times are for **Eastern** time zone)

Friday May 29

7:30 – 8:15 pm	Opening Session
8:15 – 9:00 pm	Meditation Instruction and Sitting Practice
9:00 pm...	Rest or Further Practice

Saturday May 30

7:30 – 8:15 am	Sitting Meditation (online with practice leader or on your own)
8:15 – 9:30 am	Breakfast & Personal Time
9:30 – 10:15 am	Meditation Instruction and Sitting Practice
10:15 – 11:00 am	Walking Meditation Instruction / Walking Meditation or Mindful Movement
11:00 – 11:30 am	Meditation Instruction and Sitting Meditation
11:30 – 12:00 noon	Walking Meditation or Mindful Movement
12:00 – 12:30 pm	Discussion / Q & A with David (audio & video or audio only—your choice)
12:30 – 2:00 pm	Lunch & Personal Time
2:00 – 3:00 pm	Meditation Instruction and Sitting Practice
3:00 – 3:30 pm	Walking Meditation or Mindful Movement
3:30 – 4:30 pm	Dharma Talk
4:30 – 5:00 pm	Break / Personal Time
5:00 – 6:00 pm	Small Group Discussions (optional—in Zoom breakout rooms)
6:00 – 7:30 pm	Dinner & Personal Time
7:30 – 8:30 pm	Discussion / Q&A with David (audio & video or audio only—your choice)
8:30 pm	Rest or Further Practice

Sunday May 31

7:30 – 8:15 am	Sitting Meditation (online with practice leader or on your own)
8:15 – 9:30 am	Breakfast & Personal Time
9:30 – 10:15 am	Meditation Instruction and Sitting Practice – with David
10:15 – 10:30 am	Break / Personal Time – with David
10:30 – 12:00 noon	Closing Session