

The Marriage of Meditation and Yoga — At Home Retreat Schedule
Feb 17th – Feb 21st, 2021

(all times are Eastern Daylight Time)

* = Zoom Session

Wednesday Feb 17th

- * 6:30 – 7:45pm Orientation with teachers and SDRC staff
- 7:45 – 8:15 Personal time
- * 8:15 – 9:30 Opening circle, practice orientation and instructions, and meditation

Thursday Feb 18th through Saturday Feb 20th

- * 7:00 – 7:40am Morning chant and meditation
- 7:40 – 9:00 Personal time
- * 9:00 – 10:00 Meditation instructions, meditation, and Q & A
- 10:00 – 10:20 Walking meditation
- * 10:20 – 12:00pm Yoga, Meditation, and Q & A
- 12:00 – 2:30 Personal time
- * 2:30 – 3:15 Small group or sitting meditation on your own
- 3:15 – 3:30 Walking meditation
- 3:30 – 4:00 Sitting meditation on your own
- 4:00 – 4:15 Walking meditation
- * 4:15 – 6:00 Conscious movement/yoga nidra (*Live from Southern Dharma on 2/18*)
- 6:00 – 7:45 Personal time
- * 7:30 – 8:30 Dharma talk (*Live from Southern Dharma on 2/20*)
- 8:30 – 8:45 Walking meditation
- * 8:45 – 9:30 Guided Brahma Vihara Meditation
- 9:30pm Rest or continued personal practice

Sunday Feb 21st

- 7:00 – 7:40am Morning chant and meditation
- 7:40 – 9:00 Personal time
- * 9:00 – 9:30 Meditation with practice leader or on your own
- 9:30 – 10:00 Walking meditation
- * 10:00 – 10:30 Music meditation
- 10:30 – 10:40 Walking meditation
- * 10:40 – 12:30pm Retreat closing followed by optional social time