

**Women's Retreat: Awakening Through the Body, Heart & Mind**  
with Heather Sundberg  
June 4-6, 2021

All sessions are listed in Eastern Time (ET)

\*indicates a Zoom session

**Friday, June 4th**

- \* 5:00-6:00pm           Orientation followed by optional social time
- 6:00-7:00                Personal time
- \* 7:00-9:00             Evening program

**Saturday, June 5th**

- Early morning Self-Guided practice (on your own)
- \* 9:00-9:45am           Group sitting meditation with practice leader
- 9:45-11:30              Home practice
- \* 11:30-12:30pm        Meditation instructions
- 12:30-1:30             Home practice
- \* 12:45-1:30            Small groups
- \* 1:30-2:15             Small groups
- \* 2:30-3:45             Qi gong, guided meditation, Q&A
- 3:45-7:00               Home practice
- \* 7:00-8:45             Live from Southern Dharma: Sit (30 min), dharma talk

**Sunday June 6th**

- Early morning Self-Guided practice (on your own)
- \* 9:00-9:45am           Group sitting meditation with practice leader
- 9:45-11:30              Home practice
- \* 11:30-12:30pm        Meditation instructions
- 12:30-1:30             Home practice
- \* 12:45-1:30            Small groups
- \* 1:30-2:15             Small groups
- \* 2:30-3:45             Qi gong, guided meditation, Q&A
- 3:45-7:00               Home practice
- \* 7:00-9:00             Closing program and optional social time