

The Thinning of Self: What It Means to Awaken  
At Home Retreat Schedule  
Rodney Smith: March 27-28, 2021

All times are Eastern Time (ET)

\* Indicates a Zoom session

**Saturday, March 27**

\* 9:00 Sit  
9:45 Break or individual practice  
\* 11:00 Talk, sit, and instructions  
12:00 Walk  
\* 12:30 Sit and guided meditation  
1:00 Walk  
\* 1:30 Sit  
2:00 Break  
\* 3:00 Chi Gong  
\* 3:45 Talk  
4:30 Walk  
\* 5:00 Dyad  
\* 5:45 Questions  
6:30 Individual practice  
\* 7:30 Sit  
8:15 Rest or further practice

**Sunday, March 28**

\* 9:00 Sit  
9:45 Break or individual practice  
\* 11:00 Talk, sit, and instructions  
12:00 Walk  
\* 12:30 Sit and Guided Meditation  
1:00 Walk  
1:30 Sit  
2:00 Break

* 3:00	Chi Qong
* 3:45	Talk
4:30	Walk
* 5:00	Dyad
* 5:45	Questions & closing
6:30	Individual Practice