

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 - 9:30am SDRC orientation followed by optional social time
- 9:30 - 10:15 Personal time
- \* 10:15 - 10:45 Sit with practice leader
- 10:45 - 11:00 Personal time
- \* 11:00 - 11:15 Instructions
- \* 11:15 - 12:15pm Talk (Live from Southern Dharma)
- 12:15 - 1:00 Personal time
- \* 1:00 - 1:30 Sit and guided meditation
- 1:30 - 2:00 Walk
- \* 2:00 - 2:30 Sit
- 2:30 - 3:00 Personal time
- \* 3:00 - 3:45 Chi Qong
- 3:45 - 4:00 Personal time
- \* 4:00 - 4:45 Talk
- 4:45 - 5:15 Walk
- \* 5:15 - 5:45 Sit
- \* 5:45 - 6:30 Questions
- 6:30 - 7:30 Personal time
- \* 7:30 - 8:15 Sit with practice leader

**Sunday, March 28**

- \* 9:00 - 9:45am Sit with practice leader
- 9:45 - 11:00 Personal time
- \* 11:00 - 12:00pm Talk, sit, and instructions
- 12:00 - 1:00 Personal time
- \* 1:00 - 1:30 Sit and Guided Meditation
- 1:30 - 2:00 Walk
- \* 2:00 - 2:30 Sit
- 2:30 - 3:00 Personal time
- \* 3:00 - 3:45 Chi Gong
- 3:45 - 4:00 Personal time
- \* 4:00 - 4:45 Talk
- 4:45 - 5:15 Walk
- \* 5:15 - 6:00 Dyads
- \* 5:45 - 6:45 Questions & closing, followed by optional social time