

At Home Retreat: Suchness: Embracing Experience
with Heather Sundberg
November 9-14, 2021

All sessions are listed in Eastern Time (ET)

*indicates a Zoom session

Tuesday, November 9th

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

Wednesday, November 10th - Saturday November 13th

- * 9:00-9:45am Group sitting meditation with practice leader
- 9:45-11:30 Home practice
- * 11:30-12:30pm Meditation instructions
- * 1:30-2:15 Small groups or 1-on-1 interviews
- 12:30-2:30 Home practice
- * 2:30-3:45 Qi gong, guided meditation, Q&A
- 3:45-7:00 Home practice
- * 7:00-8:45 Sit (30 min) followed by dharma talk

Sunday, November 14th

- * 9:00-9:45am Group sitting meditation with practice leader
- 9:45-11:30 Home practice
- * 11:30-1pm Closing program followed by optional social time