

## **Inner Peace in a Chaotic World**

An At Home Meditation Retreat with Ronya Banks

*All times are for **Eastern** time zone*

(\*Indicates online activity)

### **Wednesday, June 9<sup>th</sup>**

- \* 4:30 – 5:30pm instructional meeting and Zoom orientation (required for all participants)
- \* 5:30 – 6:00 optional social activity
- 6:00 – 7:00 at home practice
- \* 7:00 – 9:00 retreat opening
- 9:00 rest or further home practice

### **Thursday to Saturday, June 10<sup>th</sup> – 12<sup>th</sup>**

- \* 7:00 – 7:30 sitting practice
- 7:30 – 9:00 at home practice
- \* 9:00 – 9:45 sitting with Southern Dharma staff practice leader
- \* 9:45 – 10:30 walking meditation
- 10:30 – 11:00 at home practice
- \* 11:00am – 12:00pm Guided Meditation / Instructions
- 12:00 – 2:00 at home practice
- \* 1:00 – 1:45 small groups as assigned
- \* 2:00 – 2:45 guided meditation
- 2:45 – 5:00 at home practice
- \* 4:00 – 4:45 small groups as assigned
- \* 5:00 – 6:00 Dharma talk
- 6:00 – 8:00 at home practice
- \* 8:00 – 9:00 guided sit/chanting
- 9:00 rest or further home practice

### **Sunday, June 13<sup>th</sup>**

- \* 7:00 – 7:30 sitting practice

7:30 – 9:00	at home practice
* 9:00 – 9:45	sitting with Southern Dharma staff practice leader
9:45 – 10:30	walking meditation
* 10:30am – 12:00pm	retreat closing