

Stress as a Spiritual Teacher

An At Home Insight Meditation Retreat with David Chernikoff
All times are for **Eastern** time zone

(*Indicates online activity)

Thursday – September 8th

*5:00 – 6:00pm	Orientation and social time
6:00 – 7:30pm	Home-based practice
*7:30 – 8:15pm	Opening session
*8:15 – 9:00pm	Meditation instruction and sitting practice
9:00pm...	Rest or further practice

Friday and Saturday – September 9th and 10th

*7:15 – 8:00 am	Sit with practice leader
8:00 – 9:30 am	Home-based practice
*9:30 – 10:30 am	Meditation instruction and sitting practice
10:30 – 11:15 am	Walking meditation instruction / Walking meditation or mindful movement
*11:15 – 12:00 pm	Meditation instruction and sitting meditation
*12:00 – 12:30 pm	Discussion / Q & A (video optional)
12:30 – 2:00 pm	Home-based practice
*2:00 – 3:00 pm	Meditation instruction and sitting practice
3:00 – 3:30 pm	Walking meditation or mindful movement
*3:30 – 4:30 pm	Dharma talk
4:30 – 5:00 pm	Walking meditation or mindful movement
*5:00 – 6:00 pm	Experiential exercises
6:00 – 7:30 pm	Home-based practice
*7:30 – 8:30 pm	Meditation / discussion / Q & A (video optional)
8:30 pm	Rest or further practice

Sunday – September 11th

*7:15 – 8:00 am	Sit with practice leader
8:00 – 9:30 am	Home-based practice
*9:30 – 10:15 am	Meditation instruction and sitting practice
10:15 – 11:00 am	Walking meditation or mindful movement
*11:00 – 12:30 pm	Closing session
*12:30 – 1:00 pm	Social time (optional)