

Cultivating Joy and Peace in Difficult Times  
At Home Retreat Schedule  
July 22<sup>nd</sup> – July 26<sup>th</sup>, 2020

*(all times are Eastern Daylight Time)*

\* = Zoom Session

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**Wednesday Evening, July 22nd**

*5:00 - 6:00pm	Orientation & social time
6:00 - 7:30	Personal time
*7:30 – 8:15	Welcome / Opening talk
*8:15 – 9:00	Meditation instruction / sitting practice
9:00...	Rest or further practice

**Thursday July 23rd - Saturday July 25th**

*6:30 – 7:15am	Sitting meditation—practice leader
7:15 – 9:00	Personal time
*9:00 – 10:00	Meditation instruction / sitting meditation
*10:00 -- 10:10	Walking meditation instruction (optional)
10:00 – 10:45	Walking meditation / mindful movement
*10:45 – 11:30	Sitting meditation online with practice leader or on your own
11:30 – 12:00pm	Walking meditation / mindful movement (on your own)
*12:00 – 12:30	Q & A / discussion (video optional)
12:30 – 2:00	Personal time
*2:00 – 3:00	Meditation instruction / sitting meditation
3:00 – 3:45	Walking meditation / mindful movement (on your own)
*3:45 – 4:30	Heart practice
4:30 – 5:15	Walking meditation (on your own)
*5:15 – 5:45	Q & A / discussion (video optional)
5:45 – 7:30	Personal time
*7:30 – 8:30	Dharma talk (video optional until Q&A)
8:30 – 9:00	Sitting meditation / walking meditation / dharma study (on your own)
9:00....	Rest or further practice

**Sunday, July 26th**

*6:30 – 7:15am	Sitting meditation—practice leader
7:15 – 9:00	Personal time
*9:00 – 9:45	Meditation instruction / sitting meditation
9:45 – 10:30	Walking meditation / mindful movement (on your own)
*10:30 – 12:00pm	Closing session
12:00 - 12:30	Social time