

**Schedule Online Women's Retreat hosted by Southern Dharma
With Heather Sundberg
November 13 – 17, 2020**

All times are EST, online sessions are noted with an asterisk

Opening Day

5:00 – 6:00pm Orientation Opening Program

*7:00-9:00pm Evening program

Schedule November 14, 15, 16

Early morning Self-Guided Sitting Meditation and/or Mindful Movement

*9:00-9:45am Group Sitting Meditation (silent or recording)

9:45-11:30am Self-Guided Walking meditation/Movement meditation and
Sitting or Daily Activities held in Mindfulness

*11:30am -12:30pm Morning Meditation Instructions

12:30-2:30pm Personal Time (Small Groups and/or Individual Interviews during
this period)

*2:30-3:45pm Qi Gong, Guided Meditation & Q&A

3:45–5:30pm Afternoon Self-Guided Walking meditation/Movement meditation
and Sitting or Daily Activities held in Mindfulness

5:30-7:00pm Personal time

*7:00-9:00pm Sit, Dharma Talk and Closing Practices

Closing Day

Early morning Self-Guided Sitting Meditation and/or Mindful Movement

*9:00-9:45am Group Sitting Meditation

9:45-11:30am Self-Guided Walking meditation/Movement meditation and

Sitting or Daily Activities held in Mindfulness

*11:30-1:00pm

Closing Program