

## Retreat Schedule

### **Wednesday evening, August 12, 2020**

6:30-7:45pm orientation

7:45-8:15pm personal time

8:15-9:15pm meditation and discussion

### **Thursday, Friday, Saturday August 13-15, 2020**

7-7:30am optional yoga

7:30-8am meditation

8-10am personal time/ work meditation

10-10:30am meditation

10:30am – 12:30pm Yoga/mindfulness

12:30 – 2:45pm – personal time/work meditation'

2:45pm-3:30pm meditation

3:30-6pm Yoga/mindfulness

6-7:30pm personal time

7:30-9pm discussion/meditation

9 -....personal time

### **Sunday, August 16, 2020**

7-7:30am optional yoga

7:30-8am meditation

8-9:30am personal time/ work meditation

9:30--10:00am meditation

10:00am – 12:00pm Yoga/mindfulness/closing time

12:00 social time