

**Transforming the Judgmental Mind: An At Home Retreat for
Experienced Practitioners (October 25 – November 1, 2020)
Southern Dharma Retreat Center**

All times are Eastern Daylight Time (EST).

** = Zoom Session.*

Sessions: Day 1 (Sunday, October 25, Opening Day)

- *4:30 – 5:45 p.m. Organizing meeting on practical and technical matters.
Required for all retreatants. Optional time to meet other
retreatants starting at 5:30.
- 5:45 – 7 Personal time.
- *7 – 8:30 Evening session.
- 8:30 – 9 Home practice: Possible sequence of walking meditation or
yoga or other movement practice, sitting meditation, and
walking meditation, some work around the house or other
work, possibly some talking.
- *9 – 9:30 Sitting meditation.
- 9:30 Rest or further home practice.

Sessions: Days 2 – 7 (Monday to Saturday, October 26 – 31)

- *7 – 7:30 a.m. Sitting meditation with practice leader.
- 7:30 – 9 Personal time/home practice (see description above)
- *9 – 9:45 Qigong and sitting meditation.
- 9:45 – 11 Personal time/home practice.
- *11 – 12:00 p.m. Instructional sitting, with Q&A.
- 12:00 – 2 Personal time/home practice.
- *1 – 1:45 Practice discussions (Tuesday through Saturday).
- *2 – 3 Instructional sitting—“heart practices”—with Q&A.
- 3 – 5:30 Personal time/home practice.

- *4:45 – 5:30 Practice discussions (Tuesday through Friday). *Saturday: Closing announcements: All please attend.*
- 5:30 – 7 Personal time/home practice.
- *7 – 7:25 Sitting meditation.
- 7:25 – 7:30 Break.
- *7:30 – 8:30 Evening talk and discussion.
- 8:30 – 9 Personal time/home practice.
- *9 – 9:30 Sitting meditation and chanting.
- 9:30 p.m. Rest or further home practice.

Sessions: Day 8 (Sunday, November 1, Closing Day)

- *7 – 7:30 a.m. Sitting meditation with practice leader.
- 7:30 – 9 Personal time/home practice.
- *9 – 9:45 Qigong and sitting meditation.
- 9:45 – 11 Personal time/home practice.
- *11 – 12:45 p.m. Closing session.
- 12:45 End of retreat.