

Lisa Ernst Sample Online Retreat Schedule (EST)

7 – 7:40 a.m. Early sitting with practice leader

Breakfast

9:15 – 10:15 a.m. sitting and practice instructions

10:15 – 11:15 a.m. Home practice - sitting and waking meditation

11:15 – Noon Meditation

Noon to 2 p.m. Lunch and Open Time

2:00 – 2:40 Sitting with practice leader or small group meeting

2:40 Walking or optional mindful movement

3:10 Home practice sitting, walking or small group meeting

4:10 Q&A, meditation

5:00 small group meeting or walking

7:00 home sitting

7:30 – 8:30 dharma talk and guided meditation

8:30 home practice, meditation and walking

9:30 rest or further home practice

Bolded times are zoom practice periods. Non bolded times are suggestions for a full retreat experience, but these times also allow you to take care of home responsibilities. We will have small group meetings, typically one per day per participant.