

SDRC Online Retreat Daily Schedule

Dr. Hun Lye: September 17-20, 2020

All times are Eastern Daylight Time

** Indicates a Zoom session*

Thursday September 17

*5:00-6:00pm Orientation (*Required for All*)
*6:00 Social Time (*Optional*)
 Supper & Open Time
*7:30-9:30 Opening session
 9:30 Rest

Friday September 18 - Saturday September 19

*7:00-7:45am Session 1: Guided meditation
*9:30-11:30 Session 2: Teachings
 11:30-2:00pm Personal time
*2:00-4:00 Session 3: Teachings
 4:00-4:30 Personal time
*4:30-5:15 Session 4: Guided meditation
 5:15-7:00 Personal time
*7:00-8:30 Session 5: Teachings
*8:30-9:15 Session 6: Guided meditation

Sunday September 20

*7:00-7:45am Session 1: Guided meditation
 7:45-9:30 Personal time
*9:30-11:30 Session 2: Teachings
*11:30-Noon Closing & Social Time