

Bearing Witness: Freeing the Heart, An Insight Dialogue Retreat

with Florence Meleo-Meyer & Phyllis Hicks

July 15-20, 2021

All sessions are listed in **Eastern** Time (ET)

*indicates a Zoom session

Thursday, July 15th

- * 5:00-6:15pm orientation followed by optional social time
- 6:15-7:30 home based practice
- * 7:30-8:30 evening practice
- 8:30 rest or further practice

Friday - Monday, July 16th-19th

- * 7:15-7:45am morning guided meditation
- 7:45-9:00 home based practice
- * 9:00-10:30 morning practice
- 10:30-11:00 integration & body care
- * 11:00-12:00pm dialogue
- 12:00-2:00 home based practice
- * 2:00-3:30 afternoon practice
- 3:30-4:00 integration & body care
- * 4:00-5:00 group practice & reflection
- 5:00-7:15 home based practice
- * 7:15-8:00 evening practice
- 8:00 rest or further practice

Tuesday, July 20th

- * 7:15-7:45am morning guided meditation
- 7:45-9:00 home based practice
- * 9:00-10:30 morning practice
- 10:30-11:00 integration & body care
- * 11:00-12:15pm group practice & reflection followed by optional social time