

The Thinning of Self: What It Means to Awaken
At Home Retreat Schedule
Rodney Smith: March 27-28, 2021

All times are Eastern Time (ET)

* Indicates a Zoom session

Saturday, March 27

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|-------------------|---|
| * 9:00 - 9:30am | SDRC orientation followed by optional social time |
| 9:30 - 10:15 | Personal time |
| * 10:15 - 10:45 | Sit with practice leader |
| 10:45 - 11:00 | Personal time |
| * 11:00 - 11:15 | Instructions |
| * 11:15 - 12:15pm | Talk (Live from Southern Dharma) |
| 12:15 - 1:00 | Personal time |
| * 1:00 - 1:30 | Sit and guided meditation |
| 1:30 - 2:00 | Walk |
| * 2:00 - 2:30 | Sit |
| 2:30 - 3:00 | Personal time |
| * 3:00 - 3:45 | Chi Qong |
| 3:45 - 4:00 | Personal time |
| * 4:00 - 4:45 | Talk |
| 4:45 - 5:15 | Walk |
| * 5:15 - 5:45 | Sit |
| * 5:45 - 6:30 | Questions |
| 6:30 - 7:30 | Personal time |
| * 7:30 - 8:15 | Sit with practice leader |

Sunday, March 28

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|-------------------|---|
| * 9:00 - 9:45am | Sit with practice leader |
| 9:45 - 11:00 | Personal time |
| * 11:00 - 12:00pm | Talk, sit, and instructions |
| 12:00 - 1:00 | Personal time |
| * 1:00 - 1:30 | Sit and Guided Meditation |
| 1:30 - 2:00 | Walk |
| * 2:00 - 2:30 | Sit |
| 2:30 - 3:00 | Personal time |
| * 3:00 - 3:45 | Chi Gong |
| 3:45 - 4:00 | Personal time |
| * 4:00 - 4:45 | Talk |
| 4:45 - 5:15 | Walk |
| * 5:15 - 6:00 | Dyads |
| * 5:45 - 6:45 | Questions & closing, followed by optional social time |