

Compassion Training for Difficult Times  
At Home Retreat Schedule  
Lama Kathy Wesley: July 1-4, 2021

All times are Eastern Time (ET)  
\* Indicates a Zoom session

Thursday July 1st

- \* 5:00 – 6:00 pm Orientation and social time
- 6:00 – 7:30 Home-based practice
- \* 7:30 – 8:15 Opening session
- \* 8:15 – 9:00 Meditation instruction and sitting practice
- 9:00 Rest or further practice

Friday and Saturday July 2nd & 3rd

- \* 7:15 – 8:00 am Sit with practice leader
- 8:00 – 9:30 Home-based practice
- \* 9:30 – 10:30 Meditation instruction, Q&A, and sitting practice
- 10:30 – 11:15 Walking meditation instruction / Walking meditation or mindful movement
- \* 11:15 am – 12:00 pm Meditation instruction, Q&A, and sitting practice
- \* 12:00 – 12:30 Discussion, Q&A
- 12:30 – 2:00 Home-based practice
- \* 2:00 – 3:00 Meditation instruction and sitting practice
- 3:00 – 3:30 Walking meditation or mindful movement
- \* 3:30 – 4:30 Dharma talk
- 4:30 – 5:00 Walking meditation or mindful movement
- \* 5:00 – 6:00 Experiential exercises
- 6:00 – 7:30 Home-based practice
- \* 7:30 – 8:30 Discussion, Q&A
- 8:30 Rest or further practice

Sunday July 4th

- \* 7:15 – 8:00 am Sit with practice leader
- 8:00 – 9:30 Home-based practice
- \* 9:30 – 10:15 Meditation instruction and sitting practice
- 10:15 – 11:00 Walking meditation or mindful movement
- \* 11:00 am – 1:00 pm Closing session, followed by optional social time