

LGBTQI+ Retreat: Lovingkindness and Joy
An At Home Retreat with with Eve Decker and Fresh Lev White
All sessions are listed in Eastern Time (ET)

(*Indicates online activity)

Thursday, October 14th

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|-----------------|-----------------------------|
| * 5:00 – 6:00pm | Orientation and social time |
| 6:00 – 7:00 | Home-based practice |
| * 7:00 – 9:00 | Opening session |
| 9:00pm | Rest or further practice |

Friday, October 15th & Saturday, October 16th

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|-------------------|---|
| * 9:00-9:45am | Guided group sitting meditation |
| 9:45-11:30 | Home-based practice |
| * 11:30am-12:30pm | Talk and instructions |
| 12:30-1:30 | Home-based practice |
| * 12:45-1:30 | Small groups |
| * 1:30-2:15 | Small groups |
| * 2:30-3:45 | Gentle movement, guided meditation, Q&A |
| 3:45-4:45 | Home-based practice |
| * 4:45-5:30 | Sit |
| 5:30-6:30 | Home practice |
| * 6:30-8:45 | Sit (30 min), dharma talk, shares |

Sunday, October 17th

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|-------------------|--------------------------|
| * 9:00-9:45am | Group sitting meditation |
| 9:45-10:45 | Home-based practice |
| * 10:45am-12:30pm | Closing program |