

The Path of Service
An At Home Insight Meditation Retreat with David Chernikoff
All times are for **Eastern** time zone
(*Indicates online activity)

Friday October 6th

*7:30 – 8:15pm	Opening session
*8:15 – 9:00pm	Meditation instruction and sitting practice
9:00pm	Rest or further practice

Saturday October 7th

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

Sunday October 8th

*7:15 – 8:00 am	Sit with practice leader
8:00 – 9:30 am	Home-based practice
*9:30 – 10:15 am	Meditation instruction and sitting practice
10:15 – 11:00 am	Walking meditation or mindful movement
*11:00 – 12:30 pm	Closing session