

Renewal, Healing, and Transformation

January 14-17, 2021

TENTATIVE SCHEDULE

Note: All times are in the Eastern Time Zone

Friday, January 15 – Sunday January 17

9:00 – 10:15 AM	Stationary Meditation (Sitting, Reclined) with Instructions, Q&A, Announcements
10:15 – 10:45 AM	Walking or Movement Meditation or Group Meeting 10:30-11:30am (when assigned)
10:45 – 11:30 AM	Silent Sitting or Stationary Meditation
11:30 – 12:00 PM	Walking or Movement Meditation
12:00 – 12:30 PM	Guided Sitting or Stationary Meditation
12:30 – 2:30 PM	Meal Break
2:30 – 3:15 PM	Dharma Talk
3:15 – 3:45 PM	Walking or Movement Meditation
3:45 – 4:30 PM	Soundbath Meditation