



## Online Retreat Schedule

**The sessions in bold are Online Zoom sessions.**

The non-bold sessions are suggested as your home retreat schedule

The sessions marked with \* are required attendance

### *First night schedule - Friday 1<sup>st</sup> of May*

- 7.00 - 7.30**                   \* **Welcome and Intro to online retreat**
- 7.30 - 8.00**                   \* **Meditation**
- 8.00 - 8.30**                   \* **Theme of retreat**

### *Daily schedule – Saturday 2<sup>nd</sup> to Tuesday the 5<sup>th</sup> of May*

- 6:00 - 6.45**                   **Yoga with Margery** or your own exercise
- 6:45 - 7.30**                   **Meditation** (either on your own or join in online)
- 7:30 - 9.00                   Mindful Breakfast
- 9:00 - 9.45**                   \* **Meditation instruction/guided meditation**
- 9.45 - 10.15                  Walking meditation
- 10.15 - 11.00                 **Sitting Meditation** (either on your own or join in online)
- 11.00 - 12.00                 \* **Inquiry in small groups** (only when your assigned group is scheduled)  
For everyone else Home Mindfulness Practice
- 12.00 - 12.30                 Walking meditation / exercise
- 12:30 - 2.00                  Mindful Lunch
- 2.00 - 2.45                   **Sitting Meditation** (either on your own or join in online)
- 2.45 - 3.15                   Walking meditation
- 3.15 - 4.00                   **Sitting Meditation** (either on your own or join in online)
- 4.00 - 5.00**                   \* **Inquiry in small groups** (only when your assigned group is scheduled)  
For everyone else Home Mindfulness Practice
- 5.00 - 7.00                  Mindful Dinner
- 7.00 - 7.30**                   \* **Meditation**
- 7.30 - 7.35**                   stretching and preparing for dharma talk
- 7.35 - 8.15**                   \* **Dharma Talk**
- 8:30**                           **End of day**

**Last day schedule on the next page**

## *Last day schedule – Wednesday the 6th of May*

<b>6:00 - 6.45</b>	<b>Yoga with Margery</b> or your own exercise
<b>6:45 - 7.30</b>	<b>Meditation</b> (either on your own or join in online)
<b>7:30 - 9.00</b>	Mindfulness Breakfast
<b>9:00 - 9.30</b>	* <b>Meditation</b>
<b>9.30 - 10.30</b>	* <b>Sharing Circle</b>
<b>10.30 - 10.40</b>	<b>Close</b>

**End of retreat**

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