

Awareness and Wisdom Retreat

June 7-13, 2021

Suggested At-Home Practice Schedule

The suggested schedule begins on Day 2 of this program. All times listed are in ET; please adjust for your timezone. Bold items represent online sessions.

9:00 - 9:45 am—Sitting

9:45 - 11:00 am—Awareness in daily activities, eating, walking meditation, chores

11:00 am - 12:00 pm—Sitting with Instructions

12:00 - 1:00 pm—Awareness in daily activities, eating, walking meditation

1:00 - 2:00 pm—Groups for some

If not in a group:

1:00 - 1:45 pm—Sitting

1:45 - 2:30 pm—Walking meditation

2:30 - 3:15 pm—Sitting

3:15 - 4:30 pm—Awareness with daily activities, rest, walking meditation

4:30 - 5:00 pm—Dharma Reflection and Sitting

5:00 - 7:00 pm—Continued practice in whatever way supports awareness for you

7:00 - 8:00 pm—Dharma Offering