

Freedom and Ease of Being Retreat

September 17 – 19 2021

Possible Personal Practice Schedule

*(All times are ET and can be adjusted to fit your time zone. Online sessions indicated in **bold**.)*

9:00 am - sit

9:30 am - walk

10:00 am - instructions

11:15 am - walk

12:00 - meal

1:00 pm - Q+A

2:15 pm - walk

2:45 pm - sit

3:30 pm - walk

4:00 pm - talk

5:15 pm - meal

7:00 pm - heart practices

8:00 pm - walk

8:30 pm - sit

9:00 pm - rest