

Awakening: Insight Meditation Retreat (August 2021)

Suggested At-Home Schedule

(online sessions are in bold)

Eastern Time (ET)

7:00 am - sitting

7:30 am - walking

8:00 am - breakfast

9:00 am - walking

9:45 am - sitting

10:30 am - walking

11:00 am - First Session

12:00 pm - lunch

1:00 pm - walking

1:30 pm - Second Session

2:30 pm - walking

3:00 pm - Third Session

3:45 pm - walking

4:15 pm - Fourth Session

5:00 pm - dinner

6:30 pm - walking

7:15 pm - Fifth Session

8:00 pm - walking

8:30 pm - sitting

9:15 pm - rest or continued formal
practice

Pacific Time (PT)

6:45 am - sitting

7:30 am - breakfast

8:00 am - First Session

9:00 am - break / movement

10:00 am - walking

10:30 am - Second Session

11:30 am - walking

12:00 pm - Third Session

12:45 pm - lunch

1:15 pm - Fourth Session

2:00 pm - break / movement

3:30 pm - walking

4:15 pm - Fifth Session

5:00 pm - walking

5:30 pm - dinner

6:15 pm - walking

7:00 pm - sitting

7:45 pm - walking

8:15 pm - sitting

9:00 pm - rest or continued formal
practice