

Discovering Freedom Retreat

September 3 – 6 2021

Optional Personal Practice Schedule

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

9 am sit

9:30 walk

10 am instructions & sit

11:15 am walk

12 lunch

1 pm Sit & Q+A

2:15 pm walk

2:45 pm sit

3:30 pm walk

4 pm Sit & Dharma talk

5:15 pm meal

7 pm heart practices

8 pm walk

8:30pm sit

9 pm rest