

***Steadiness and Wisdom retreat
(August 28 -29, 2021)***

Suggested at-home schedule

Saturday

7:30: sitting

8:00: breakfast and tasks

9:00: walking (outside or in)

10:00: Opening Session

11:00: walking

11:30: sitting

12:00: mindful break

12:15: Dharma Talk and Sitting

1PM: lunch

2:00: walking (outside or in)

3:00: Q&A

3:45: mindful break

4:00: Mindful Movement

4:45: dinner

5:45: walking

6:15: Guided Meditation

7:00: walking

7:45: sitting

8:15: mindful break

8:30: sitting

9:00: sleep or continued practice

Sunday:

7:30: sitting

8:00: breakfast and tasks

9:00: walking (outside or in)

10:00: Guided Meditation/Instructions for the Day

11:00: walking

11:30: sitting

12:00: mindful break

12:15: Dharma Talk and Sitting

1PM: lunch

2:15 Mindful Movement

3:00: sitting

3:30: Q&A

3:45: walking

4:15: sitting

4:45: mindful break

5:00: Closing Session