

Women in Meditation Retreat

March 26 - 31, 2021

Suggested At-Home Practice Schedule

(All times are ET and can be adapted to your timezone. Bolded items indicate online sessions)

6:00 am—silent meditation

6:30 am—breakfast

7:30 am—walking or chores

8:00-8:35am—Morning Instructions

8:45 am—walking

9:30am—silent meditation

10:15 am—walking

11:00-11:45 am—Mindful Movement with Eowyn

12:00—lunch

1:00-2:00 pm—Q&A/Talk/Groups

2:00 pm—walking

2:45 pm—silent meditation

3:30 pm—walking

4:00-4:30 pm—Brahmavihara Practice

4:30 pm—walking

5:00 pm—dinner

6:00 pm—walking

6:30 pm—silent meditation

7:00 pm—walking

7:30-8:00 pm—Silent Meditation

8:00 pm—walking

8:30 pm—silent meditation

9:00 pm—rest or continued formal practice