**MLK Weekend - suggested home practice schedule**

**Friday January 15**

|  |  |  |
| --- | --- | --- |
| 5:30- 6:00 PM | Settle into your space, log in, test online connection |  |
| **6:00- 7:30** | **Beloved Community - Opening ceremony** |  |
| **Saturday January 16** |  |  |
| 7:30 - 8:45 AM | Morning routines, Breakfast |  |
| **9:00 - 10:00** | **Beloved Community Guided Morning Meditation and Instructions** |  |
| 10:00 - 10:30 | Walking meditation |  |
| **10:30 - 11:30** | **Beloved Community break out - group check in - Q&R**  |  |
| 11:30 - 12 noon | Walking meditation |  |
| 12 noon - 2:00 PM | Lunch break |  |
| **2:00 - 3:00 PM** | **Beloved Community Group Guided Meditation** |  |
| 3:00 - 3:30Pm | Walking meditation |  |
| **3:30 - 4:30 PM** | **Beloved Community Mindful Movement group session** |  |
| 4:30 - 5:00PM | Sitting meditation  |  |
| 5:00 - 5:30PM | Walking meditation |  |
| 5:30 - 6:00 PM | Sitting meditation |  |
| 6:00 - 6:30PM | Walking meditation |  |
| **6:30 - 7:30 PM** | **Beloved Community Dhamma Talk** |  |
| 7:30 - 9:30PM | May continue practice - get good nights restMetta practice in bed, lying down, before sleep |  |
| **Sunday January 17** |  |  |
| 7:30 - 8:45 AM | Morning routines, Breakfast |  |
| **9:00 - 10:00** | **Beloved Community Guided Morning Meditation and Instructions** |  |
| 10:00 - 10:30 | Walking meditation |  |
| **10:30 - 11:30** | **Beloved Community break out - group check in - Q&R**  |  |
| 11:30 - 12 noon | Walking meditation |  |
| 12 noon - 2:00 PM | Lunch break |  |
| **2:00 - 3:00 PM** | **Beloved Community Group Guided Meditation** |  |
| 3:00 - 3:30Pm | Walking meditation |  |
| **3:30 - 4:30 PM** | **Beloved Community Mindful Movement group session** |  |
| 4:30 - 5:00PM | Sitting meditation  |  |
| 5:00 - 5:30PM | Walking meditation |  |
| 5:30 - 6:00 PM | Sitting meditation |  |
| 6:00 - 6:30PM | Walking meditation |  |
| **6:30 - 7:30 PM** | **Beloved Community Dhamma Talk** |  |
| 7:30 - 9:30PM | May continue practice as above - get good nights restMetta practice in bed, lying down, before sleep |  |
| **Monday January 18** |  |  |
| 7:30 - 8:45 AM | Morning routines, Breakfast |  |
| **9:00 - 10:00** | **Beloved Community Guided Morning Meditation and Instructions** |  |
| 10:00 - 10:15 | Stretch break |  |
| **10:15 - 10:45** | **Beloved Community closing thoughts** |  |
| 10:45 - 11:30 | Walking or sitting meditation |  |
| **11:30 - 12:30 Pm** | **Beloved Community MLK Birthday Celebration****Final closing of retreat** |  |