**Suggested At-Home Practice Schedule**

*(All times are Eastern Standard Time; bolded items indicate Zoom sessions)*

6:00 Sitting meditation

6:45 Breakfast and mindful cleaning

**8:30 - 9:15 Guided sitting meditation**

9:15 Walking meditation

**10:00 - 11:00 Instructions & Reflections**

11:15 - 12:00 **Practice discussion groups** / Walking meditation

12:00 - 1:30 Lunch

**1:30 - 2:15 Guided sitting meditation**

2:30 - 3:15 **Practice discussion groups** / Walking meditation

3:15 - 4:00 Walking meditation / Sitting meditation

**4:00 - 5:00 Dharma Talk**

5:00 - 5:30 Walking meditation

5:30 - 7:00 Dinner

**7:00 - 7:45 Guided sitting meditation**

7:45 - 8:00 Mindful stretch

8:00 - 8:30 Sitting meditation