

Living Dharma: A Path of Connection

Suggested At-Home Practice Schedule

(All times are ET and can be adjusted to fit your timezone; online sessions are bolded.)

Friday May 14

7:00 - 8:00 pm — Opening Session

Saturday - Monday, May 15 - 17*

10:00 - 11:15 am — Dharma Talk & Guided Meditation

11:15 am - 12:00 pm — Walking Meditation

12:00 - 1:00 pm — Guided Meditation & Discussion

1:00 pm — Lunch

2:30 - 3:00 pm — Sitting Meditation

3:00 - 3:30 pm — Walking Meditation

3:30 - 4:15 pm — Dharma talk

4:15 - 5:00 pm — Walking Meditation

5:00 - 6:00 pm — Guided Meditation & Discussion

(The teachers will close the retreat during this session on Monday)

* Saturday: Mindfulness with Michael Grady

* Sunday: Lovingkindness with Tara Mulay

* Monday: Wisdom Practices with Jean Esther