

Living Mindfully, Embracing Kindness In This Moment

Suggested At-Home Practice Schedule

(bolded sessions are online)

7:30 - 8:00 am – Optional sitting or daily life practice

8:00 - 9:00 am – Daily life practice

9:00 - 9:45 am – Mindful Movement with Éowyn Ahlstrom

10:00 - 11:00 am – Meditation with instructions & Dharma reflections

11:15 am - 12:15 pm – Group meetings *(mindful movement or walking for those not in groups)*

12:15 - 1:00 pm – Mindful food preparation & eating

1:00 - 2:00 pm – Mindful walk/exercise or Daily Life Practice

2:00 - 2:45 pm – Meditation with instructions

3:00 - 4:00 pm – Daily life practice

4:00 - 4:45 pm – Guided heart meditation

5:00 - Daily life practice

7:00 - 8:00 pm – Meditation, Dharma reflections, Q&C

8:00 - 8:30 pm – Walking or daily life practice

8:30 - 9:00 pm – Sitting or daily life practice