

Suggested Practice Schedule

All times Eastern - do adapt for your specific time zone needs

7:00 AM Sit/Stationary meditation

8:00 AM Breakfast

9:00 AM Rest, practice, or tending to home & loved ones

10 - 10:45 AM Morning Session - Zoom

10:45 - 11:15 AM Walking/Movement meditation

11:15 - 12:00 PM Sit/Stationary meditation

12:00 noon Lunch

1:00 - 2:15 PM Afternoon session - Zoom

2:15 - 3:00 PM Walking/Movement meditation

3:00 - 3:45 PM Sit/Stationary meditation

3:45 - 4:30 PM Walking/Movement meditation **or**

4:00 - 5:30 PM Practice discussion groups for half of sangha

4:30 - 5:15 PM *Optional Mindful movement with Lissa* or Sit/Stationary practice

5:30 PM Dinner

6:30 PM Rest, practice, or tending to home & loved ones

7:00 - 8:15 PM Evening session - Zoom

8:15 PM Rest, self guided/open practice, or tending to home & loved ones