

Zoom Teaching & Meditation Retreat Schedule

All Times are Pacific Time Zone

** Please note, attending the Opening Zoom Session at 9am PT Saturday, July 24, is required for this retreat, as well as attending at least 10 out of 12 Retreat Zoom Sessions total.*

Early morning Self-Guided Sitting Meditation or Mindful Movement before breakfast

Optional Group Sit on Zoom at 6:45am-7:30am PT – Practice Leader

9:00 - 10:00am ZOOM: Morning Instructions - Required Attendance

**** Please note Saturday Zoom Session will be from 9 – 11:30am PT**

10:00 – 12:30pm Sitting & Walking + Small Group Practice Check In's some days

- Self-Guided Sitting & Walking Schedule or Daily Activities
- Optional Retreat Sitting & Walking Morning Schedule
 - o 10:00am Walking Meditation
 - o 10:45am Sitting Meditation
 - o 11:15am Walking Meditation
 - o 11:45am Sitting Meditation

12:30 – 2:00pm Lunch Time Period

- Mindful Lunch Preparation & Clean Up, Eating Meditation
- Followed by (your choice):
 - o Resting, exercise, taking care of household tasks, mindful movement, journaling, sitting somewhere and taking in the view of sky or trees....

2:00-3:15pm ZOOM: Qi Gong, Guided Heart Practice Meditation & Q&A Required Attendance

3:15–4:45pm Self-Guided Walking Meditation/Movement Meditation and Sitting or Daily Activities

- Optional Retreat Sitting & Walking Afternoon Schedule
 - o 3:15-3:45pm Walking Meditation/or Movement Meditation
 - o 3:45-4:30pm Sitting Meditation

4:45 – 6:30pm ZOOM: Sit, Dharma Talk and Closing Practices – Required Attendance

Optional Group Sit on Zoom at 8:00-8:45pm PST – Practice Leader

Evening Self-Guided Sit or Reflective Reading

- Recommend doing a short reading in an inspiring dharma book, or do a little journaling, a hot bath, a walk in the coolness of the evening.....
- Recommendation to get off looking at screens in the evenings....